



(951) 818-7878

28075 Bradley Rd. Menifee, CA 92586

www.MenifeeMartialArts.com

TAEKWONDO FOR THE WHOLE FAMILY!

- Certified Black Belt Instructors
- Group and Private Lessons Available
- Instructor Training
- Adult Classes A.M. and P.M.

GET THE MOST OUT OF YOUR TRAINING

- Private Lessons with Master Park
- Monday MMA Day

**CHILDREN TAEKWONDO
MARTIAL ARTS**

- As early as 3 yrs old have your little one sign up for Little Dragons Class
- Build and Learn Self-confidence
- Improve Coordination
- Improve Concentration

LIL DRAGONS

- Ages 3 - 5

Please arrive 5 - 10 minutes prior to class. Bring proper equipment to each class.

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:45 PM - 4:30 PM		WHITE - YELLOW BELT Beginner	SPARRING Beginner / Intermediate	WHITE- YELLOW BELT Beginner	
4:30 PM - 5:15 PM	GREEN WHITE - BLACK BELT Intermediate / Advanced MMA	GREEN WHITE - BLUE BELT Intermediate	SPARRING Advanced	GREEN WHITE - BLUE BELT Intermediate	GREEN WHITE - BLACK BELT Intermediate / Advanced
5:15 PM - 6:00 PM	WHITE - YELLOW BELT Beginner LIL DRAGONS All Belts MMA	RED WHITE - BLACK BELT Advanced	LIL DRAGONS All Belts	RED WHITE - BLACK BELT Advanced	WHITE - YELLOW BELT Beginner LIL DRAGONS All Belts
6:00 PM - 6:45 PM	FAMILY All Belts MMA	FAMILY All Belts		FAMILY All Belts	FAMILY All Belts
6:50 PM - 7:00 PM		ADULT / TEEN All Belts		ADULT / TEEN All Belts	