

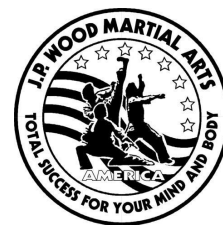
# J.P.Wood Martial Arts America

249 E. Northwest Hwy. Palatine IL 60067

Tel: 1-847-705-8714

e-mail: [jpwoodsmaa@msn.com](mailto:jpwoodsmaa@msn.com)

Web: [www.palatinemartialarts.com](http://www.palatinemartialarts.com)



## Class Schedule Fall - Winter 2022-2023

### We will be following Illinois Covid-19 Protocol

1. When possible, please drop off and pick up your children. As Covid-19\_restrictions change so will we.
2. Classes are scheduled for 50 minutes long to give us time to prepare for the next class.
3. Please arrive on time for class in uniform and mask. At this time please bring your own water bottle.
4. Please limit your classes to two times per week and supplement with the online classes.

### GROUP IN PERSON CLASSES

Class	Age	Mon	Tue	Wed	Thu	Fri	Sat
Taekwondo (Family Class)	1 <sup>st</sup> Grade & up	5 pm	5 pm 6 pm	5 pm 6 pm	6pm	5 pm 6 pm	9:30 am
Flying Dragons Tae Kwon Do	Pre-school to 1 <sup>st</sup> grade	5 pm	4 pm 6 pm	X	6 pm	5 pm	9:30 am
Taekwondo (Teen/Adult)	Ages 13+	6 pm (Advanced Class)	7 pm		7 pm		
Koryo Gumdo	Ages 11+	7 pm		7 pm		7 pm	
Strength & Conditioning (Begins Sep. 1)	Ages 11+		8 to 8:40pm	8 to 8:40pm			
Demo Team	Invite Only				8pm As Scheduled		

### PRIVATE IN PERSON LESSONS

In person private lessons are 20 minutes long

Please schedule your **In-Person Private Lesson** at [PalatineMartialArts.com](http://PalatineMartialArts.com)

	Mon	Tue	Wed	Thu	Fri	Sat
<b>All students</b>				5:00 pm 5:20 pm 5:40 pm	6:30 pm 7:00 pm	9:00 am 10:30 am