

THE ETO CLASS SCHEDULE:

Monday:

Cardio Kick 5:00PM
Ages 5-8 All Belts 6:05 PM
Ages 9-13 All Belts 7:05 PM
Adults 8:05PM

Thursday:

Cardio Kick 5:00PM
Ages 5-8 All Belts 6:05PM
Ages 9-13 All Belts 7:05PM
Adults 8:05PM

Friday:

***Special Events/ Highlights

Saturday:

Cardio Kick 8:15 AM
Ages 5-8 All Belts 9:35 AM
Ages 9-13 All Belts 10:35 AM
Adults 11:35AM

*Scheduled Testing 1:00 PM

**Times vary by event*