



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Private lessons by appointment	Private lessons by appointment	Private lessons by appointment	Private lessons by appointment	Private lessons by appointment	Adult Group (ages 16+) 8:00-8:45am
Preschool (ages 4-5) 4:00-4:45pm	Child Group (ages 6-9) all ranks 4:00-4:45pm	Preschool (ages 4-5) 4:00-4:45pm	Private lessons by appointment	Child Group (ages 6-9) white to orange 3:45-4:30	Preschool (ages 4-5) 9:00-9:45am
Child Group (ages 6-9) white to orange 5:00-5:45pm	Teen Class (ages 10-15) 5:00-5:45pm	Advanced class (ages 6-15) Purple belt & Above 5:00-5:45	Teen Class (ages 10-15) 5:00-5:45pm	Sparring class (ages 6-15) 4:45-5:20pm	Child Group (ages 6-9) all ranks 10:00-10:45am
Advanced class (ages 6-15) Purple belts & Above 6:00-6:45pm	Sparring class (ages 5-13) 5:50-6:30pm	Black Belt Club 5:50-6:30pm	private lessons by appointment	Advanced class (ages 6-15) Purple belts & Above 5:30-6:15pm	Teen Class (ages 10-15) 11:00-11:45am
	Adult Class (ages 16+) 6:30-7:30pm	Child Group (Ages 4-11) 6:30-7:15pm	Adult Class (ages 16+) 6:30-7:30pm		

*If you have questions or need any assistance I can be reached via Cell#781-983-5181

**ALL CLASSES WILL BE HELD AT THE CENTRE CONGREGATIONAL CHURCH, 5 SUMMER ST. LYNNFIELD
BACK PARKING LOT OFF OF MAIN ST.

Schedule as of 12/2/24

