



HDZ Dragon Taekwondo

Class Schedule		
Monday	5:00 - 5:50 (pm)	Children Only
	6:00 - 6:50 (pm)	Children & Adults
	7:00 - 8:00 (pm)	Cardio Kickboxing Class- Adults Only
Tuesday	5:00 - 5:50 (pm)	Children Only
	6:00 - 6:50 (pm)	Children & Adults
	7:00 - 8:00 (pm)	Advanced Class-Black Belts Only
Wednesday	5:00 - 5:50 (pm)	FIT KIDS Cardio class
	6:00 - 6:50 (pm)	FIT KIDS Cardio class
	7:00 - 8:00 (pm)	Cardio Kickboxing Class- Adults Only
Thursday	5:00 - 5:50 (pm)	Children Only
	6:00 - 6:50 (pm)	Children & Adults
	7:00 - 8:00 (pm)	Advanced Class-Black Belts Only
Friday Sparring Classes Only	5:00 - 5:50 (pm)	Private Lessons
	6:00 - 7:30 (pm)	Children & Adults
Saturday	9:00 - 10:00 (am)	Cardio Kickboxing Class- Adults Only
	10:00 am- 1200 pm	Demo Team and Sparring Class
Sunday	Available for rental for special occasions/classes	

General Hours of Operation
 Monday -Friday (3:00 p.m. - 8:00 p.m.)
 Saturday (9:00 a.m. - 1:00 p.m.)
 Sunday (Available for rental)

Private lessons available - inquire with Master Hernandez for further details.

Cardio Kickboxing class: Adults 18+years only- NO CONTRACT NEEDED!!

**Olympic sparring classes are an additional cost and not included in your tuition costs (\$10 per class)
 A minimum of 10 students is required for Saturday class, otherwise it will be subject to cancellation.*



HDZ Dragon Taekwondo
 Fox Lake Town Center
 31 Towne Center Lane
 Fox Lake, IL 60020
 (847)212-8045

