



ROSHANKISH TAE KWON DO

**393 Main St.
Medford MA 02155
781-393-8811 RTKD1.com**

Monday		Tuesday		Wednesday		Thursday		Friday	Sat.	Sun.
10-10:50 am		10:00-11:00 am		11:00 am to 12:30 pm		10:00-11:00 am		10-10:50 am	8:30-9:30 am	
WOMEN'S TAE KICKBOXING		TKD Adult		BJJ FLOOR A		TKD Adult		WOMEN'S TAE KICKBOXING	Training Ages 9 & up	
11:00-12:30		4:00-4:45 pm		4:00-4:45 pm		4:00-4:45 pm			9:30-11:00am	10-11:30am
BJJ FLOOR A		PeeWee Ages 4-5		PeeWee Ages 4-5		PeeWee Ages 4-5			BJJ NO GI	BJJ NO GI
4:00-4:45 pm		5:00-5:45 pm		5:00-5:45 pm		5:00-5:45 pm				
PeeWee Ages 4-5		Tigers Ages 6-8		Tigers Ages 6-8		Tigers Ages 6-8				
5:00-5:45 pm		PeeWee Ages 4-5		PeeWee Ages 4-5		PeeWee Ages 4-5		5:00-5:45 pm		
Tigers Ages 6-8		Dragons Ages 9-12		Dragons Ages 9-12		Dragons Ages 9-12		Tigers & Dragons Ages 6-13		
6:00-6:45 pm		5:00-5:45 pm		5:00-5:45 pm		5:00-5:45 pm		6:00-7:00 pm		
Dragons Ages 9-12		Tigers Ages 6-8		Tigers Ages 6-8		Tigers Ages 6-8		Adult TKD Kicks		
7:00-8:00 pm		6:00-6:45 pm		6:00-6:45 pm		6:00-6:45 pm				
TKD Floor B		Dragons Ages 9-12		Dragons Ages 9-12		Dragons Ages 9-12				
BJJ Floor A		Tigers Ages 6-8		Tigers Ages 6-8		Tigers Ages 6-8				
8:00-9:30 pm		7:00-8:00 pm		7:00-8:00 pm		7:00-8:00 pm		8:00-9:30 pm		
CAPOEIRA		TKD Adult		TKD Floor B		TKD Adult				
				BJJ Floor A		TKD Adult				
				8:00-9:30 pm						
				CAPOEIRA						

TRY YOUR FIRST CLASS TODAY!

TAE KWON DO
BRAZILIAN JUI-JITSU (BJJ)
GI - NO GI
MUAY THAI
MMA
CAPOEIRA

ASK ABOUT OUR AWESOME TAE KWON DO BIRTHDAY PARTIES!
BOOK YOUR CHILD'S BIRTHDAY TODAY!

To find class times: Find the color for your age in the boxes below, then find the same color in the chart above.

3-5 years old	4-5 years old	6-8 years old	9-12 Years old	6-13 yrs
Adult (Age 13 and up)	Adult (13 & up)	Adult (13 & up)	Age 9 and up	Adult

Parents! Please pay attention to the scheduled times for your child's age group.

