

Excel Academy Class Schedule - Rockford

6630 Springbrook Rd Rockford, IL 61114 (815)520-4631

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00pm-5:45pm Beginners TKD	5:00pm-5:30pm Tiger Tots	5:00pm-5:30pm Tiger Tots	5:00pm-5:30pm Tiger Tots	5:00pm-5:30pm Tiger Tots	8:30am-9:15am Weapons
5:50pm-6:30pm Sparring All Levels	5:35pm-6:15pm All Levels TKD	5:00pm-5:45pm Beginners TKD	5:35pm-6:15pm All Levels TKD	5:35pm-6:15pm All Levels TKD	9:20am-9:55am Beginners TKD
6:35pm-7:15pm Adult/Advanced TKD	6:20pm-7:00pm Sparring All Levels	5:50pm-6:30pm Self Defense	6:20pm-7:00pm Sparring All Levels	6:15pm-7:00pm Sparring All Levels	9:30am-10:00am Tiger Tots
7:15pm-8:00pm Adults Only TKD		6:30pm-7:30pm MMA/Cochran	7:00pm-8:00pm MMA/Cochran	7:00pm-7:30pm Weapons	10:00am-10:30am Adult/Advanced TKD
		6:35pm-7:15pm Adult/Advanced TKD			10:30am-11:15am Sparring All Levels
					11:20am-12:00pm Competition Class