

Excel Academy Class Schedule - Roscoe

5486 Elevator Rd Roscoe, IL 61073 (815)520-4631

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am-10:00am JB Yin Yoga	5:00pm-5:30pm Tiger Tots	5:00pm-5:30pm Tiger Tots	8:30am-10:00am JB Blitz	4:00pm-5:00pm JB Blitz	10:00am-10:45am All Levels TKD
5:00pm-5:30pm Tiger Tots	5:35pm-6:15pm Beginners TKD	5:35pm-6:15pm All Levels TKD	5:00pm-5:30pm Tiger Tots	5:00pm-5:40pm Beginners TKD	10:50am-11:25am Sparring All Levels
5:35pm-6:15pm All Levels TKD	6:20pm-6:50pm Sparring All Levels	6:20pm-6:50pm Weapons	5:35pm-6:15pm Beginner TKD	5:45pm-6:15pm Sparring All Levels	11:30-12:00pm Tiger Tots
6:20pm-6:50pm Sparring All Levels	6:55pm-7:35pm Adult/Advanced TKD	6:30pm-7:30pm Boxing	6:20pm-6:50pm Sparring All Levels	6:20pm-7:00pm Adult/Adv TKD/Self Defense	Sunday
6:55pm-7:30pm Competition Class	7:00pm-8:30pm JB Blitz	7:00pm-8:30pm JB Blitz	6:55pm-7:35pm Adult/Advanced TKD	7:00pm-7:45pm Weapons	9:00am-10:00am JB Blitz
7:00pm-8:30pm JB Blitz			7:00pm-8:30pm JB Blitz	7:00pm-8:00pm Boxing	
				7:00pm-8:30pm JB Blitz	