



2025 SCHEDULE
WEEKLY CLASSES

LEGEND	STUDENT CLASSES VIA TUITION	PUBLIC/PRIVATE EVENTS VIA REGISTRATION	CLOSED (ALSO CHECK FOR HOLIDAYS)
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DAY & TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
8–8:50 AM	Public/Private Events	Public/Private Events	Closed	Public/Private Events	Closed
9–9:50 AM	Public/Private Events	Public/Private Events	Mighty Tigers : Liberated Kids	Public/Private Events	Mighty Tigers I-III
10–10:50 AM	Public/Private Events	Public/Private Events	Closed	Public/Private Events	Taekwondo I-II
11 AM – 12 PM	Public/Private Events	Public/Private Events	Public/Private Events	Public/Private Events	Taekwondo II-III
12–1 PM	Public/Private Events	Public/Private Events	Public/Private Events	Public/Private Events	Hapkido I-III
1–2 PM	Public/Private Events	Public/Private Events	Public/Private Events	Public/Private Events	Public/Private Events
2–3 PM	Public/Private Events	Public/Private Events	Public/Private Events	Public/Private Events	Public/Private Events
3–3:50 PM	Closed	Closed	Closed	Closed	Public/Private Events
4–4:50 PM	Closed	Closed	Closed	Closed	Public/Private Events
5–5:50 PM	MT II-III & Taekwondo I-II	Public/Private Events	MT II-III & Taekwondo I-II	Public/Private Events	Public/Private Events
6–6:50 PM	Taekwondo II-III	FRLMM I-II	Taekwondo II-III	FRLMM I-II	Public/Private Events
7–7:50 PM	Hapkido I-II	FRLMM II-III	Hapkido II-III	Public/Private Events	Public/Private Events



CLASS DESCRIPTIONS

Cardio Arts (CA/15+): Enjoy a full body workout that employs both cardiovascular and strength training. Practice to upbeat music in comfortable clothes.

Five Realms of Life Meditative Movement (FRLMM/15+): Explore the connections and flow between your body, mind and spirit with Five Realms Meditative Movement. Exercises are appropriate for people of differing abilities.

Hapkido (HKD/9+): Hapkido employs circular empty-hand techniques—particularly joint locks. Practice drills, self-defense, sparring, throws, breaking and weapons.

Meditation for Health (MDT/9+): Meditation for Health secular (non-religious) silent meditation sessions focus on increasing physical mindfulness, mental awareness, and spiritual wisdom. Students practice meditation in a variety of postures and situations to ultimately help us make better life choices.

Mighty Tigers (MT): Young children experience a developmentally appropriate and fantastically fun curriculum based on safety, health, wisdom and the joy of movement through Animal Exercises.

• **School Programs (Grades K–5):** Homeschooled children can practice traditional martial arts.

Taekwondo (TKD/9+): Taekwondo uses linear empty-hand self-defense techniques—particularly devastating kicks. Practice drills, forms, self-defense, sparring and breaking.

Level I–II: White–Blue Belts can attend 5–6 PM Monday/Wednesday or Tuesday/Thursday.

Level II–III: Brown–Black Belts can attend 6–7 PM Monday/Wednesday.

Public/Private Events: Check the monthly AMAFA Calendar for special events, seminars, workshops in Cardio Arts, Five Realms Meditative Movement, Hapkido, Meditation, Mighty Tigers, and Taekwondo. Public/Private events are subject to individual registrations outside of tuition.

Group Parties: Schedule a martial arts-themed birthday party or corporate event.

Private Lessons: Check the AMAFA to request a series of private lessons to enhance your training.

Personal Power: Modern Self-Defense: Sign up for public self-defense classes, or arrange private sessions for your group.