

FULL SPECTRUM MARTIAL ARTS
 Middle Quarter Mall
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MONDAY

| | | | |
|----------------|----------------|-------------------------------|------------------|
| 6:00 PM | 7:00 PM | Tang Soo Do (13+) | All ranks |
| 7:05 PM | 7:30 PM | Weapons: Sword / Chain | All ranks |

TUESDAY

| | | | |
|---------|----------|-------------------------|-----------|
| 9:30 AM | 10:30 AM | Tang Soo Do (16+) | All ranks |
| 5:00 PM | 5:45 PM | Tang Soo Do (5-6) | All ranks |
| 6:00 PM | 7:00 PM | Tang Soo Do (7-15) | All ranks |
| 7:05 PM | 8:00 PM | Adult Tang Soo Do (16+) | |

WEDNESDAY

| | | | |
|----------------|----------------|---------------------------|-----------------------|
| 5:30 PM | 5:55 PM | Weapons (Bo Staff) | Red-black only |
| 6:00 PM | 6:55 PM | Tang Soo Do (11+) | All ranks |
| 7:00 PM | 8:00 PM | Adult Tang Soo Do (16+) | |

THURSDAY

| | | | |
|---------|---------|-------------------------|-----------|
| 6:00 PM | 7:00 PM | Tang Soo Do (7-15) | All ranks |
| 7:05 PM | 7:50 PM | Adult Tang Soo Do (16+) | |

FRIDAY

CLOSED

SATURDAY

| | | | |
|-----------------|-----------------|---------------------------|------------------|
| 9:00 AM | 9:45 AM | Tang Soo Do (5-6) | All ranks |
| 10:00 AM | 10:55 AM | Tang Soo Do (7-12) | All ranks |
| 11:00 AM | 11:55 AM | Tang Soo Do (13+) | All ranks |
| 12:00 PM | 12:25 PM | Weapons (Bo Staff) | All ranks |

SUNDAY

CLOSED