

POWERSPEED

t a e k w o n d o

La Escuelita de Sofia Studio Schedule (5720 Mosholu Ave, Bronx)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00 - 4:30 2.5 - 5 years old Beginners	4:00 - 4:30 2.5 - 5 years old Beginners	4:00 - 4:30 2.5 - 5 years old Beginners	4:00 - 4:30 2.5 - 5 years old Beginners		8:30 - 9:30 Cardio- KickBoxing	2:00 - 2:30 2.5 - 5 years old Beginners
4:30 - 5:15 6-8 years old Beginners/ Advance	4:30 - 5:15 6-8 years old Advance	4:30 - 5:15 6-8 years old Beginners/ Advance	4:30 - 5:15 6-8 years old Advance		9:30 - 10:00 2.5-5 years old Beginners	2:30 - 3:15 6-8 years old Beginners/ Advance
5:15 - 6:00 7-13 years old COLORED BELTS/Advance	5:15 - 6:00 7-13 years old COLORED BELTS/Advance	5:15 - 6:00 7-13 years old COLORED BELTS/Advance	5:15 - 6:00 7-13 years old COLORED BELTS/Advance		10:00 - 10:30 2.5-6 years old Beginners/ Advance	
6:00 - 7:00 Teens and Adults	6:00 - 7:00 Teens and Adults	6:15 - 7:00 Cardio KickBoxing	6:15 - 7:00 Cardio KickBoxing		10:30 - 12:00 7-13 years old SPARRING Advance	
7:00 - 8:00 Cardio- KickBoxing	7:00 - 8:00 Teens and Adults	7:00 - 8:00 Cardio- KickBoxing	7:00 - 8:00 Cardio- KickBoxing		12:00 - 1:00 Teens and Adults Advance	

CLASS SCHEDULE

347-446-8007

powerspeed365@gmail.com