

**SHEIKS TAE KWON DO**  
 2864 ROUTE 23 NORTH  
 NEWFOUNDLAND, NJ 07435  
 973-697-9404  
[www.sheikstaekwondo.com](http://www.sheikstaekwondo.com)

<b>MONDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>	<b>SATURDAY &amp; SUNDAY</b>
<b><u>9:00 – 10:00 am</u></b>  <b>Cardio Kickboxing</b>	<b><u>9:00 – 10:00 am</u></b>  <b>Cardio Kickboxing</b>	<b><u>9:00 – 10:00 am</u></b>  <b>Cardio Kickboxing</b>	<b><u>BIRTHDAY PARTIES &amp; COMPETITIONS</u></b>
<b><u>10:00– 11:00 am</u></b>  <b>Adult Tae Kwon Do</b>	<b><u>10:00– 11:00 am</u></b>  <b>Adult Tae Kwon Do</b>	<b><u>6:00– 7:00 pm</u></b>  <b>Advanced Tae Kwon Do</b>	
<b><u>4:45-5:30 pm</u></b>  <b>Beginner Tae Kwon Do</b>	<b><u>4:45-5:30 pm</u></b>  <b>Beginner Tae Kwon Do</b>	<b><u>7:00-8:00 pm</u></b>  <b>Cardio Kickboxing</b>	
<b><u>5:30-6:15 pm</u></b>  <b>Intermediate Tae Kwon Do</b>	<b><u>5:30-6:15 pm</u></b>  <b>Intermediate Tae Kwon Do</b>		
<b><u>6:15– 7:00 pm</u></b> <b>Advanced Tae Kwon Do</b>	<b><u>6:15– 7:00 pm</u></b> <b>Advanced Tae Kwon Do</b>		
<b><u>7:00 - 8:00 pm</u></b>  <b>Cardio Kickboxing</b>	<b><u>7:00 - 8:00 pm</u></b>  <b>Cardio Kickboxing</b>		
<b><u>8:00 - 9:00 pm</u></b>  <b>Adult Tae Kwon Do</b>	<b><u>8:00 - 9:00 pm</u></b>  <b>Adult Tae Kwon Do</b>		

\*\*PERSONAL TRAINERS ARE AVAILABLE, PLEASE ASK A STAFF MEMBER FOR MORE INFORMATION\*\*