

## 1/2 Hour Class

Ages	4	and	5

Mon	5:30 pm	
Sat	9:30 am	

### 1 Hour Classes

Beginner and Trial Classes - Ages 6 and Up				
Mon	6:00 pm			
Tues	5:00 pm			
Wed	5:30 pm			
Thurs	5:00 pm			
Sat	10:00 am			

#### Martial Arts 1 - Ages 6 and Up

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Mon	7:00 pm
Tues	6:00 pm
Wed	6:30 pm
Thurs	6:00 pm
Sat	11:00 am

#### Martial Arts 2 - Ages 12-16

Tues	7:00 pm
Wed	7:30 pm
Thurs	7:00 pm
Sat	12:00 pm

# Adult - Ages 16 and Up

Tues/Thurs 8:00 pm

### **Black Belt**

Tues/Thurs 8:00 pm (Specialty rate)

Cost (per month):	<sup>1</sup> /2 Hour 1 Class Per Week	1 Hour 2 Classes Per Week	1 Hour 3 Classes Per Week
Fitness Member	\$32	\$90	\$100
Program Member	\$36	\$110	\$120



Master Alfredo Torella, Director of Martial Arts

- 6th Dan Founder of Taekwon-do Kwonbop Combat Institute
- 5th Degree Black Belt in Bushido Kempo/Kwonbop Combat
- 4th Degree Black Belt in Taekwondo Kwon Bop Do
- 2015 Hall of Fame Legendary Master
- 2013 Master Instructor of the Year Hall of Fame WHFSC
- Founder, President and Director of the USIMAA

#### Note:

Program times, days and rates may be subject to change. Contact Programs at 248-735-8850 ext.112 for updated information. No refunds for missed classes.

FREE one week trial
FREE uniform with
one month registration
Call 248-735-8850, ext. 112.