

Bangor Y
 Health & Fitness
 Martial Arts Class Schedule Summer 2008
 June 23rd-August 17th, 2008
Second Street Studio

	Tue	Wed	Thur
4:15-4:45 pm			TKD KickStart
4:50-5:40 pm	TKD Beginner		TKD Beginner
5:45-6:45pm	TKD Intermediate		TKD Intermediate
6:00-6:55 pm		Karate Beg/Int 2 nd St Gym	

Martial Arts Class Schedule Summer 2008
Hammond Street

	Mon	Tue	Wed	Fri	Sat
7:30 am		Kempo Viner Rm 7:30-9:am			
10:00 am					Kempo Viner Rm 10-11:30 am
6:30 6:40 6:45	Kempo Viner Rm 6:40-8:10		TKD <i>Adult</i> Studio 6:45-8:15 pm	TKD <i>Adult</i> Studio 6:30-7:45 pm ----- Kempo Viner Rm 6:30-7:45 pm	