



TIMETABLE

Martial Arts Bexhill – Han Guk Mu Sool

Tuesday	Wednesday	Thursday	Saturday	Sunday
4 – 4:45pm Juniors Class	5 – 5:45pm Kids Class	4 – 4:45pm Juniors Class	10 – 11am Mixed Beginners Class	10am – 12pm Instructor Training
4:45 – 5:30pm Juniors Sparring/Weapons	5:45 – 6pm Kids Weapons	4:45 – 5:30pm Juniors Sparring/Weapons	11 – 11:45am Mixed Sparring/Weapons	
5:30 – 6:15pm Juniors Class		5:30 – 6:15pm Juniors Class	11:45 – 12:45am Mixed Advanced Class	
6:15 – 7:15pm Adults Advanced Class		6:15 – 7:15pm Adults Advanced Class		
7:15 – 8pm Adults Sparring/Weapons		7:15 – 8pm Adults Sparring/Weapons		
8 – 9pm Adults Beginners Class		8 – 9pm Adults Beginners Class		

***Beginner:** White to Blue Belt ***Advanced:** Red to Black Belt

***Kids:** ages 5 – 7 ***Juniors:** ages 8 – 12 ***Adults:** 13+ ***Mixed:** Juniors & Adults