

**FREE CLASS WITH THIS FLYER**  
**CLASS SCHEDULE**

Please check in with Master Tinnon @ 303-5456 (KIKN) before attending new classes for the first time

**MONDAY**

4:30-5:15 pm  
5:15-6:00 pm  
6:30-7:15 pm  
7:15-8:00 pm  
7:15-8:00 pm

Riverside Wellness Center 875-7525  
“ “ “  
York Rec Center 890-3500  
“ “ “  
“ “ “

All belts  
Intermediate +  
\* All belts  
\* Intermediate +  
\* **ICHF HAPKIDO**

**TUESDAY**

4:30-5:45 pm  
6:00-6:45 pm  
6:45-7:30 pm  
7:00-7:45 pm  
7:45-8:30 pm

Hampton Rec Center 825-4806  
Ft. Eustis Youth Cntr 878-4448  
“ “ “  
Langley Community Center 764-2983  
“ “ “

\* All belts **IT**  
All belts  
Intermediate +  
\* All belts **IT**  
\* Intermediate +

**WEDNESDAY**

6:00-6:45 pm  
6:45-7:45 pm  
7:00-7:45 pm

Hampton YMCA 722-9044  
“ “ “  
Williamsburg Rec Center 259-3760

All belts  
**SPAR/DEMO TEAM**  
All belts

**THURSDAY**

4:30-5:15 pm  
5:15-6:00 pm  
6:00-6:45 pm  
6:45-7:30 pm  
6:30-7:15 pm  
7:15-8:00 pm  
7:15-8:00 pm  
7:00-7:45 pm  
7:45-8:30 pm

Riverside Wellness Center 875-7525  
“ “ “  
Ft. Eustis Youth Cntr 878-4448  
“ “ “  
York Rec Center 890-3500  
“ “ “  
“ “ “  
Langley Community Center 764-2983  
“ “ “

All belts  
Intermediate +  
\* All belts  
\* Intermediate +  
\* All belts  
\* Intermediate +  
\* **ICHF HAPKIDO**  
All belts  
Intermediate +

**FRIDAY**

4:30-5:30 pm

Hampton Rec Center 825-4806

\* All belts **IT**

**SATURDAY**

9:30-10:15 am  
10:15-11:00 am  
1:30-2:50 pm  
1:45-2:45 pm  
4:00-4:45 pm

Hampton YMCA 722-9044  
“ “ “  
**York Rec Center 890-3500**  
“ “ “  
Williamsburg Rec Center 259-3760

All belts  
Intermediate +  
\* **INST/SPAR/DEMO IT**  
\* **ICHF HAPKIDO**  
All belts

**Ongoing classes through Hampton City Schools Enrichment Program**