



# Q'S TAEKWONDO AND FITNESS

## BALTIMORE COUNTY, MD

[www.qtkdandfitness.com](http://www.qtkdandfitness.com)

Cranbrook Shopping Center  
572 Cranbrook Road  
Cockeysville, MD 21030  
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### MASTER CLASS SCHEDULE

MONDAY (Forms)	TUESDAY	WEDNESDAY (Sparring)	THURSDAY	FRIDAY	SATURDAY
5pm – 5:50pm White/Half Belts (6-12yo) + Tiny/Junior Tigers	5pm – 5:30pm Little Cubs	5pm – 5:50pm White/Half Belts (6-12yo) + Tiny/Junior Tigers	5pm – 5:30pm Little Cubs	5pm – 5:50pm White/Half Belts (6-12yo) + Tiny/Junior Tigers	9am – 9:30am Little Cubs
6pm – 6:50pm Color Belts (6-12yo)	5:40pm – 6:30pm White/Half Belts (1 Week Free Trial) (6-12yo)	6pm – 6:50pm Color Belts (6-12yo)	5:40pm – 6:30pm White/Half Belts (1 Week Free Trial) (6-12yo)	6pm – 6:50pm Color Belts (6-12yo)	9:40am – 10:10am Tiny Tigers/Junior Tigers
7pm – 7:50pm All Belts Ages 13 &Up	6:40pm – 7:30pm Color Belts* (6-12yo)	7pm – 7:50pm All Belts Ages 13 &Up	6:40pm – 7:30pm Color Belts (6-12yo)	7pm – 7:50pm All Belts Ages 13 &Up	10:20am – 11:10am All Belts (6-12yo)

\*Color belts classes from July (after Nationals) through August. Return to Team Practice in September until Nationals