



**Q'S TAEKWONDO AND FITNESS**  
**BALTIMORE COUNTY, MD**

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

Cranbrook Shopping Center  
572 Cranbrook Road  
Cockeysville, MD 21030  
(443) 929-8917  
qtkdandfitness@gmail.com

**ADULT CLASS SCHEDULE**  
**(13yo and up)**

<b>MONDAY</b> (Forms)	<b>WEDNESDAY</b> (Sparring)	<b>FRIDAY</b>
<b>7pm – 7:50pm</b> (All Belts)	<b>7pm – 7:50pm</b> (All Belts)	<b>7pm – 7:50pm</b> (All Belts)