

ALTAMONT MARTIAL ARTS
 ALTAMONT CORNERS
 187 MAIN ST, ALTAMONT NY 12009
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 ALTAMONTMA@AOL.COM



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:30 – 5:15 Junior Open		4:30 – 5:15 Junior Open		
5:45–6:30 Junior Open	5:45–6:30 Junior Open	5:45–6:30 Junior Open	5:45–6:30 Junior Open		10:30 am-11:20am Family Tae Kwon Do (All ages, all ranks)
6:30-7:15 Gumdo	6:30-7:15 Hapkido	6:30-7:15 Gumdo	6:30-7:15 Hapkido		11:30 am-12:30 pm Gumdo
7:15-8:00 Adult Tae Kwon Do	7:15-8:00 Adult Tae Kwon Do	7:15-8:00 Adult Tae KwonDo	7:15-8:00 Adult Tae Kwon Do		
	8:00-8:45 Gumdo		8:00-8:45 Gumdo		

DISCIPLINE RESPECT COURTESY

Starting September 18, 2017

