

Schedule

ProTec Martial Arts

Tel: (760) 434-4222

We teach lessons that last a lifetime. No other activity even comes close!

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adults Fitness Kickboxing 9:00-9:45AM		Adults Fitness Kickboxing 9:00-9:45AM		Adults Fitness Kickboxing 9:00-9:45AM	Adults Fitness Kickboxing 9:00-9:45AM
					Adults Hapkido All Ranks 10:45-11:45AM
Little Dragons Taekwondo White-Green/Blue 4:00-4:45PM		Little Dragons Taekwondo White-Green/Blue 4:00-4:45PM		Little Dragons Taekwondo White-Green/Blue 4:00-4:45PM	
Dragons Taekwondo White-Green/Blue 4:50-5:35PM		Dragons Taekwondo White-Green/Blue 4:50-5:35PM		Dragons Taekwondo White-Green/Blue 4:50-5:35PM	
Teens Hapkido White-Green 5:40-6:25PM		Teens Hapkido White-Green 5:40-6:25PM		Teens Hapkido White-Green 5:40-6:25PM	
Adults Hapkido All Ranks 6:30-7:30PM	Adults Hapkido All Ranks 6:30-7:30PM	Adults Hapkido All Ranks 6:30-7:30PM	Adults Hapkido All Ranks 6:30-7:30PM	Teens Advanced Training All Ranks 6:30-7:15PM	

Little Dragons (ages 4-7) **Dragons** (ages 8-11) **Teens** (ages 12-15) **Adults** (ages 16 and over)