



RTH Martial Arts & Wellness
 68 North Stark Highway, Weare, NH 03281 Tel: 603.529-5425

www.rthwellness.com

Master Class Schedule

rthmartialartsandwellness@hotmail.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daytime Taekwondo All Belt 10:00am-11:00am	Daytime Yoga 9:30-11:00am	Daytime Taekwondo All Belt 10:00am-11:00am			Hapkido 18↑ 7:30-8:30am
					R.I.P.P.E.D. Training 8:00-9:00am
HCS Afterschool TKD 3:05-3:50pm	MS Afterschool TKD 3:05-3:50pm		HMS Afterschool TKD 3:20-4:05pm		Zumba 9:15- 10:15am
Weare Afterschool TKD & All Belt Juniors 3:30-4:30pm	JSR Afterschool Yoga 3:30-4:30pm <i>Faculty Only</i>	Weare Afterschool TKD & All Belt Juniors 3:30-4:30pm			Men Urban Defensive Tactics 3rd Saturday of Month 8:30am-12pm
Little Tigers (4, 5 & 6 yr old) Taekwondo 4:45-5:30pm					
Junior Level I Taekwondo 15 y/o or younger 5:30-6:30pm	Level I Taekwondo 5:30-6:30pm <i>(Family Training)</i>	Junior Level I Taekwondo 15 y/o or younger 5:30-6:30pm	Level I Taekwondo 5:30-6:30pm <i>(Family Training)</i>		
R.I.P.P.E.D. Training 5:45-6:45pm	Junior Level II & III Taekwondo 5:45-6:45pm	Zumba 5:45-6:45pm	Junior Level II & III Taekwondo 5:45-6:45pm	Rank Promotion TBA	
Hapkido18↑ 6:35-7:35pm	**All Belt Adult ** Taekwondo 6:30-7:30pm	Adult Beginner Taekwondo 6:35-7:35pm	**All Belt Adult ** Taekwondo 6:30-7:30pm	Yoga 6-7:15pm Starting 9/23/16	
		R.I.P.P.E.D. Training 7:00-8:00pm			
		Schedule effective from September 2016		**Subject to change without notice**	

To participate in ** marked classes it is mandatory for students to bring school purchased equipment.