

# PEAK PERFORMANCE CENTER 2024

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3:00 PM</b>	Beginners	Beginners	Beginners	Beginners	Beginners
<b>3:30 PM</b>	Beginner	Intermediate	Beginner	Intermediate	Beginner
	Intermediate	<b>ADVANCED</b>	Intermediate	<b>ADVANCED</b>	Intermediate
<b>4:15 PM</b>	BBC-Prep	Leadership-Prep	BBC-Prep	Poomsae-Prep	SPARRING-Prep
	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS
<b>5:00 PM</b>	SPARRING-Beg	POOMSAE-Beg	SPARRING-Beg	POOMSAE-Beg	SPARRING-Beg
	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS
<b>5:45 PM</b>	BBC-Weapons	BBC-Poomsae	BBC-Open	BBC-Poomsae	BBC-SPARRING
	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS
<b>6:30 PM</b>	BBC-Sparring	BBC-Poomsae	BBC-Sparring	BBC-Poomsae	Conferences
	Mighty Monkee	Mighty Monkee	Mighty Monkee	Mighty Monkee	Privates
<b>7:15 PM</b>	Competition Training	Competition Training	Competition Training	Competition Training	Competition Training

## SATURDAY and SUNDAY Schedule



<b>9:00 AM</b> FAMILY CLASS	<b>9:45AM</b> Beginner Intermediate	<b>10:30 AM</b> Intermediate ADVANCED	<b>11:15 AM</b> BBC-Prep BBC-Open
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Peak Performance

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