

PEAK PERFORMANCE CENTER 2024

3:00 PM	Beginners	Beginners	Beginners	Beginners	Beginners
3:30 PM	Beginner	Intermediate	Beginner	Intermediate	Beginner
	Intermediate	ADVANCED	Intermediate	ADVANCED	Intermediate
4:15 PM	BBC-Prep	Leadership-Prep	BBC-Prep	Poomsae-Prep	SPARRING-Prep
	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS
5:00 PM	SPARRING-Beg	POOMSAE-Beg	SPARRING-Beg	POOMSAE-Beg	SPARRING-Beg
	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS
5:45 PM	BBC-Weapons	BBC-Poomsae	BBC-Open	BBC-Poomsae	BBC-SPARRING
	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS
6:30 PM	BBC-Sparring	BBC-Poomsae	BBC-Sparring	BBC-Poomsae	Conferences
	Mighty Monkee	Mighty Monkee	Mighty Monkee	Mighty Monkee	Privates
7:15 PM	Competition Training	Competition Training	Competition Training	Competition Training	Competition Training

SATURDAY and SUNDAY Schedule



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

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