



Authentic Tae Kwon Do
FITNESS CENTRE

March Break Day Camp Schedule

(March 11th – 15th)

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:00	Drop-Off	Drop-Off	Drop-Off	Drop-Off	Drop-Off
9:00-9:30	Free Play Time (Main Studio)	Free Play Time (Main Studio)	Free Play Time (Main Studio)	Free Play Time (Main Studio)	Free Play Time (Main Studio)
9:30-10:30	Yoga & Meditation (Upstairs)	Yoga & Meditation (Upstairs)	Yoga & Meditation (Upstairs)	Yoga & Meditation (Upstairs)	Yoga & Meditation (Upstairs)
10:30-11:00	Break	Break	Break	Break	Break
11:00-12:00	Taekwondo Basics	Plyometrics	SkyZone	Taekwondo Advanced	Games
12:00-1:00	Arts and Crafts	Weapons Training	SkyZone	Board Breaking	Pizza Party
1:00-1:30	Break	Break	SkyZone	Break	HUB Rock Climbing
1:30-3:00	Movie & Games	Movie & Games	SkyZone	Movie & Games	Hub Rock Climbing
3:00	Pick-Up	Pick-Up	Pick-Up	Pick-Up	Pick-Up

* Extended after camp care available.

** Electronics such as phones, tablets, and games allowed only during lunch.