

Hong Ik Martial Arts Mahwah

190 Franklin TPKE – Mahwah, NJ 07430

Effective Date: January 1st, 2019

(201) 642-4098

MON	TUES	WED	THURS	FRI	SAT
Free Training Any Level	Private Lessons Available	Free Training Any Level	Private Lessons Available	Free Training Any Level	Peewee Any Level
^ 3:45-4:15	^ 3:45-4:15	^ 3:45-4:15	^ 3:45-4:15	^ 3:45-4:15	^ 9:30-10:10
Children White Belts	Peewee White Belts	Children White Belts	Peewee White Belts	Peewee Color Belts	Children Any Level
^ 4:15-5:00	^ 4:15-5:00	^ 4:15-5:00	^ 4:15-5:00	^ 4:15-5:00	^ 10:10-10:50
Peewee Any Level	Children White – Green Belts	All Peewee Any Level	Peewee Color Belts	Children Color Belt	Family Class All Belts
^ 5:00-5:45	^ 5:00-5:45	^ 5:00-5:45	^ 5:00-5:45	^ 5:00-5:45	^ 10:40-11:20
Children Yellow-Green Belts	Children Blue Belts and up	Children Yellow-Green Belts	Children Blue Belts and Up	Children White Belts	MLG 1 st /2 nd Sat/Month Adult 3 rd /4 th Sat/Month
^ 5:45 – 6:30	^ 5:45 – 6:30	^ 5:45 – 6:30	^ 5:45 – 6:30	^ 5:45 – 6:30	^ 11:20-12:20
Children Blue Belts and Up	Sparring Class Orange and up	Children Blue Belts and Up	Children White – Green Belts	Family Class All Belts	Birthday Parties Available 1:30PM or 3:00PM
^ 6:30-7:15	^ 6:30-7:15	^ 6:30-7:15	^ 6:30-7:15	^ 6:30-7:15	
Adults All Belts	Private Lessons Available	Adults All Belts	Adults All Belts	Private Lessons Available	Ask for a free Guest Pass for a friend or family member
^ 7:15-8:00	^ 7:15-8:00	^ 7:15-8:00	^ 7:15-8:00	^ 7:15-8:00	

Belt Order: White, Yellow, Orange, Green, Blue, Purple, Red, Brown, Red/Black, Bodan, Black

***PeeWees: Ages 4-6 *Children: Ages 7-13 *Adults: Ages 14+ *Family: All ages**

***Blue Belts ages 4-6 who are Blue Belt or higher should begin coming to children classes.**

***Sparring Class:** Orange Belts and Up. Ages 6 Years and up.

***Free Training:** Come get extra help or train on your own. One free training permitted per week.

***Private Lessons:** Private lessons can also be scheduled during afternoon hours before classes.

***MLG:** Meet's 1st and 2nd Saturday of each month. Email confirmation will be sent before hand.

School Hours: Monday-Friday 12:00PM-8:00PM | Saturdays 9:00AM-1:00PM

Please arrive no earlier than 10 minutes before your class