



# PREMIER



# TAE KWON DO



1345 Lindberg Dr Slidell, LA. 70458

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[premiertkd.com](http://premiertkd.com)

## Cross Gates

(Starting October 2020)

### Monday

5:30 – 6:00 Gators (4-6yrs)

6:00 – 6:45 Junior's

### Wednesday

5:30 – 6:00 Gators (4-6yrs)

6:00 – 6:45 Junior's

## Premier Taekwondo Lindberg

### Monday

5:15 – 6:00 Junior Jiu Jitsu

6:00 – 6:45 Junior's

6:45 – 7:30 Adult Jiu Jitsu

### Tuesday

5:30 – 6:00 Gators (4-6yrs)

6:00 – 6:45 Junior's

6:45 – 7:45 Adult's Young Adults

7:45 – 8:45 Adult Jiu Jitsu

### Wednesday

5:30 – 6:00 Gators (4-6yrs)

6:00 – 6:45 Junior's

6:45 – 7:30 Adult's Young Adults

7:30 – 8:30 Adult Jiu Jitsu

### Thursday

5:30 – 6:00 Gators (4-6yrs)

6:00 – 6:45 Junior's

6:45 – 7:45 Adult's Young Adults

### Friday

5:30 – 6:15 Junior Jiu Jitsu No GI

6:15 – 7:15 Adult No GI