



PREMIER



TAE KWON DO



1345 Lindberg Dr Slidell, LA. 70458

(985)639-0466

premiertkd.com

Cross Gates

(Starting October 2022)

Tuesday

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

Thursday

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 Jiu Jitsu

7:45 – 8:45 Adult's Young Adults

Wednesday

5:00 – 5:30 Junior Jiu Jitsu

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 TKD

Friday

5:30 – 6:15 Jr Jiu Jitsu No Gi

6:15 – 7:15 Womens Jiu Jitsu

7:15 – 8:15 No Gi Jiu Jitsu

Saturday

9:00 - 10:00 Open Mat