



HEALTHQUEST FITNESS CLUB Martial Arts

Please contact the Martial Arts Department at martialarts@hqfit.com or 908.782.4009 x238 with any questions
All classes held in the Martial Arts Studio unless otherwise specified.

as of 6/4/2022

Ages 5 - 6 Little Tigers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30-5:15pm Taekwon-Do Little Tigers		4:30-5:15pm Taekwon-Do Little Tigers			10:00-10:45am Taekwon-Do Little Tigers	

Ages 7 - 12 KIDS classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00pm Taekwon-Do White/Sr White	4:30-5:15pm Taekwon-Do White/Sr White	5:15-6:00pm Taekwon-Do White/Sr White	4:30-5:15pm Taekwon-Do White/Sr White		10:45-11:30am Taekwon-Do White/Sr White	
6:00-6:45pm Taekwon-Do Yellow/Sr Yellow		6:00-6:45pm Taekwon-Do Yellow/Sr Yellow	5:15-6:00p Taekwon-Do Yellow to Sr Blue		11:30am-12:15pm Taekwon-Do Yellow to Sr Blue	
6:45-7:30pm Taekwon-Do Green to Sr Blue	6:45pm-7:30pm Aikido (Ages 8-13)	6:45-7:30pm Taekwon-Do Green to Sr Blue				

Ages 13 up ADULT classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-11:00am Tai Chi (Monkey Room)		9:30-11:00am Tai Chi (Monkey Room)		9:30-11:00am Tai Chi (Monkey Room)	7:30-8:30am Brazilian Jiu-Jitsu	8:30-9:30am Brazilian Jiu-Jitsu
11:00-11:30am Tai Chi-Weapons (Monkey Room)		11:00-11:30am Tai Chi-Weapons (Monkey Room)		11:00-11:30am Tai Chi-Weapons (Monkey Room)	8:30-10:00am Aikido	
					11:30am-12:15pm Taekwon-Do All Belts	
6:00-7:00pm Taekwon-Do Red to Black Belt	6:00-6:45pm Taekwon-Do All Belts		6:00-6:45pm Taekwon-Do Sparring			
	6:45pm-7:30pm Aikido Kids (Ages 8-13)		6:45-7:30pm Taekwon-Do All Belts			
	7:30-9:00pm Aikido		7:30-9:00pm Aikido			

Fall 2021-2022 Calendar

Although Martial Arts classes run year-round we do follow the Youth Holiday schedule

Mon Sept 13th	Classes Begin	February 19-21st	No classes Presidents weekend
Wed Nov 24th	No Class after 12:00 noon	Apr 15-24th	No classes Spring Break
Thanksgiving	No Class Nov 25-28th	May 28-30th	No classes Memorial weekend
Winter Break	No Classes Dec 24th-Jan 2nd	June 10th	Last day of classes