



Martial Arts classes run year round

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.

Updated 2/25/26

| <i>Little Tigers (Ages 5 - 6)</i> | | | | | |
|---|---|--|---|--------|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 4:30-5:15pm Taekwon-Do Little Tigers (Ages 5-6yrs) | | 4:30-5:15pm Taekwon-Do Little Tigers (Ages 5-6yrs) | | | 10:00-10:45am Taekwon-Do Little Tigers (Ages 5-6yrs) |
| <i>Taekwon-Do (Ages 7 and up)</i> | | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 5:15-6:00pm Taekwon-Do White/Sr White | 4:30-5:15pm Taekwon-Do White/Sr White | 9:30-10:15am Taekwon-Do All Belts (Ages 12 and up) | 4:30-5:15pm Taekwon-Do White - Yellow | | 10:45-11:30am Taekwon-Do White/Sr White |
| 6:00-6:45pm Taekwon-Do Yellow/Green | 5:15-6:00pm Taekwon-Do Yellow/Sr Yellow | 5:15-6:00pm Taekwon-Do White/Sr White | 5:15-6:00p Taekwon-Do Green Belt & Up & Black Belts | | 11:30am-12:15pm Taekwon-Do Yellow/Sr Yellow |
| 6:45-7:30pm Taekwon-Do Blue and Above | 6:00-6:45pm Taekwon-Do Green Belt & Up & Black Belts | 6:00-6:45pm Taekwon-Do Yellow/Sr Yellow | 6:00-6:45pm Taekwon-Do Sparring | | 12:15pm-1:00pm Taekwon-Do Green and Above |
| | | 6:45-7:30pm Taekwon-Do Green and Above | 6:45-7:30pm Taekwon-Do All Belts (Ages 12 and up) | | |
| <i>Aikido (Self Defense Must Register Weekly via HQ App)</i> | | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 7:30-9:00pm Self Defense Aikido (Ages 13+) Register in App | 6:45pm-7:30pm Aikido Kids (Ages 8-13) | 11:00-12:00pm Self Defense Aikido <i>Active Aging</i> Register in App | 7:30-9:00pm Self Defense Aikido (Ages 13+) Register in App | | 8:30-10:00am Self Defense Aikido (Ages 13+) Register in App |
| <i>Brazilian Jui-Jitsu - (Must Register Weekly via HQ App)</i> | | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | 10:30-11:30am Womens Brazilian Jiu-Jitsu (Ages 13+) | | | | |
| <i>Tai Chi - (Must Register Weekly via HQ App)</i> | | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 6:45-7:45pm Tai Chi | 10:30-12:00pm Tai Chi | | 10:30-12:00pm Tai Chi | | |

Fall 2025-2026 Calendar

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

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|----------------|-----------------------------|------------------|-------------------------------|
| Fri Oct 31st * | No Class after 12:00 noon | February 13-16th | No classes Presidents weekend |
| Wed Nov 26th * | No Class after 12:00 noon | April 3-12th | No classes Spring Break |
| Thanksgiving | No Class Nov 27-Nov 30th | May 22-25th | No classes Memorial weekend |
| Winter Break | No Classes Dec 23rd-Jan 4th | July 4th | No classes |
| January 19th | No Classes - MLK Day | Sept 7th | No Classes - Labor Day |



Martial Arts

Styles and Descriptions

Taekwon-Do

At HealthQuest, our mission is to strive towards the total development of the individual into a well-rounded and responsible person. The curriculum will help the student learn to balance physical challenges, mental stress, and emotional conflict. We do this through teaching and reinforcing the principles of respect, courtesy, integrity, perseverance, self-control, patience, and humility.

A positive character, confident personality, and high moral standards will be developed through the martial arts training. We encourage our students to incorporate these values into their everyday lives.

HealthQuest Martial Arts has chosen a unique and refreshing approach to Martial Arts instruction. The core of our style is Tae Kwon Do, but includes material from a variety of martial arts. The student will develop core strength, endurance, balance, and flexibility while improving self-confidence and self-control.

Tai Chi

The study and practice of Taijiquan is the study of natural harmony. Through the movements, the deep breathing, the focus of intention, the ideal of body and mind in synch becomes reality. Proper practice of Qigong and Taijiquan can help you rediscover your natural movement, freedom of energy, and personal potential.

Kokikai Aikido

HealthQuest is extremely fortunate to have one of the five highest ranked and most respected Kokikai Aikido instructors in the world. This high quality instruction is offered free to members.

Aikido principles focus on coordinating mind and body by learning to be relaxed and centered. As students train, they develop calmness, grace and strength under pressure. They are able to achieve clarity and react calmly. Their newfound strength allows them to defend against much larger attackers. Self-defense techniques are performed efficiently and effectively. Minimum effort results in maximum effect.

Aikido teaches self-defense against both single and multiple attackers. All attacks (grabs, punches, kicks, and weapons) have a weak or blind spot. We move to these weak spots, upset the attackers balance, and use techniques to establish control.

Begin Aikido and experience you're most powerful state when mind and body act together.

Brazilian Jiu-jitsu

Brazilian Jiu-jitsu presents a unique perspective on martial arts and self-defense. Students can learn Jiu-jitsu fundamentals which will enable them to learn how to use their body to create solutions to address opponent's size strength and particular structural/physical configuration.