



Please contact the Martial Arts Department at [martialarts@hqfit.com](mailto:martialarts@hqfit.com) or 908.782.4009 x238 with any questions

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

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

2026-2027 Calendar			
Sept 14th	First day of classes	January 18th	No classes MLK Day
Fri Oct 31st *	No Class after 12:00 noon	February 12th-15th	No classes Presidents weekend
Wed Nov 25th *	No Class after 12:00 noon	March 26th-April 3rd	No classes Spring Break
Thanksgiving	No Class Nov 26-Nov 29	May 28th-31st	No classes Memorial weekend
Winter Break	No Classes Dec 24-Jan 1	June 11th	Last day of classes
January 19th	No Classes - MLK Day	Sept 7th	No Classes - Labor Day