

## Harvest Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00a	A.I.M.	AM Stretch	A.I.M.	AM Stretch		A.I.M.	
9:00a		A.I.M.		A.I.M.		JR HMD	
10:00a	Sprouts	Sprouts	Sprouts	Sprouts		Adult HMD	
11:00a	50 Forward	Adult HMD	50 Forward	Adult HMD			
12:00p							
1:00p							
2:0p							
3:00p							
4:25p		Sprouts		Sprouts			
5:00p	JR HMD	A.I.M	JR HMD	JR HMD			
5:50p	A.I.M.	JR HMD	A.I.M.	A.I.M.			
6:35p	Adult HMD		Adult HMD	Adult HMD			
7:45p	Striking			Striking			

### Class Descriptions

- Adult HMD - Han Mu Do classes for ages 13 and up - Full Uniform
- JR HMD - Han Mu Do classes for ages 6-13 - Full Uniform
- A.I.M. - Art in Movement classes are a full body fast paced workout for mobility, fitness, and weight loss
- Sprouts - Mighty Sprouts classes are for ages 3-6 - Full Uniform
- 50 Forward - A soft movement class for adults to help with mobility and functional movement
- Striking Class - Will focus on punching and kicking with partner drills, bag work, and sparring
- AM Stretch - A mild warmup and stretch to get the day started right