



Youth Class Schedule

INSPIRE ACHIEVE SUCCEED

Little Dragons

TaeKwonDo · Ages 5-7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beginner	5:15-6:00pm		5:15-6:00pm		5:15-6:00pm
Intermediate (Purple+)		5:15-6:00pm		5:15-6:00pm	5:15-6:00pm

Junior TaeKwonDo

Ages 8-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
White Belts	6:00-6:45pm		6:00-6:45pm		6:00-6:45pm
Beginner	6:00-6:45pm		6:00-6:45pm		6:00-6:45pm
Int / Adv		6:00-6:45pm		6:00-6:45pm	6:00-6:45pm

TaeKwonDo Sparring

Juniors & Adults

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Orange Belt +		6:45-7:30pm		6:45-7:30pm	

Juniors BJJ

Brazilian Jiu-Jitsu · Ages 8-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fundamentals		6:00-6:45pm		6:00-6:45pm	
Competition		6:45-7:30pm		6:45-7:30pm	

New students start in Fundamentals until their first stripe.

Motivate Academy · After School Pickup Grades K-5

Monday-Friday, 4:00-6:00pm

FREE pickup from Atha Rd, Walker Park, Monroe, Harmony and Monroe Country Day School.

Motivate Academy · Summer Camp

Grades K-5

Monday-Friday, 9:00am-5:00pm

FREE early drop-off from 7:30am and FREE late pickup until 6:00pm. Summer 2027: May 27 to July 30.

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706-352-1195 · info@motivatemartialarts.com · MotivateMartialArts.com

768 W Spring St, Monroe, GA 30655

Teen & Adult TaeKwonDo

Ages 13+

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beginner	7:30-8:30pm		7:30-8:30pm		7:30-8:30pm
Int / Adv		7:30-8:30pm		7:30-8:30pm	7:30-8:30pm

TaeKwonDo Sparring

Teens & Adults

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Orange Belt +		6:45-7:30pm		6:45-7:30pm	7:30-8:30pm

Adult BJJ

Brazilian Jiu-Jitsu · Ages 13+

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beginner Fundamentals	6:45-7:30pm	12:00-12:45pm	6:45-7:30pm	12:00-12:45pm	
Competition (Gi)	7:30-8:45pm	12:45-2:00pm	7:30-8:45pm		

New students start in Beginner Fundamentals until their first stripe.

Adult No-Gi BJJ

Rashguard & Shorts · Adults

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No-Gi		7:30-8:45pm		12:45-2:00pm	7:30-8:45pm

No-Gi beginners start in Beginner Fundamentals.

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