

# XCEL TAEKWONDO SUMMER CAMP SCHEDULE:

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>9am</b>	Olympic Taekwondo Techniques	Weapons	Games	Self Defense	Sparring (Tournament simulation)
<b>10:30am</b>	Strength Training	Crossfit Workout	Forms/ Weapons	Forms/ Weapons/ Sparring	Forms (Tournament simulation)
<b>12pm</b>	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
<b>12:30pm</b>	Self Defense	FITLIGHT Games	Soccer Drills	Soccer Drills	Soccer (Tournament simulation)
<b>2pm-3pm</b>	Nerf War	Sparring Techniques	FITLIGHT Games	Games	Movie