

## MONDAY

6am - Power Yoga  
8am - Han Tai Chi  
5pm - Mighty Sprouts - Preschool Martial Arts  
5:30pm - Junior Foundations of Han Mu Do  
6:15pm - Advanced Junior Han Mu Do  
6:15pm - Adult Han Mu Do  
6:30pm - Jiu Jitsu Foundations  
7:15pm - Advanced Jiu Jitsu

## TUESDAY

9am- AIM Kickboxing and Fitness  
11am - Adult Han Mu Do  
4:15pm - Sprouts  
5pm - Junior Foundations of Han Mu Do  
5:45pm - Adult Han Mu Do Foundations  
5:45pm - Advanced Junior Han Mu Do  
7pm - Adult Han Mu Do

## WEDNESDAY

6am - Power Yoga  
8am - Han Tai Chi  
5pm - Mighty Sprouts - Preschool Martial Arts  
5pm - Archery  
5:30pm - Junior Foundations of Han Mu Do  
6:15pm - Advanced Junior Han Mu Do  
6:15pm - Adult Han Mu Do  
6:30pm - Jiu Jitsu Foundations  
7:15pm - Advanced Jiu Jitsu

## THURSDAY

9am- AIM Kickboxing and Fitness  
11am - Adult Han Mu Do  
4:15pm - Sprouts  
5pm - Junior Foundations of Han Mu Do  
5:45 - Advanced Junior Han Mu Do  
5:45 - Adult Han Mu Do Foundations  
7pm - Adult Han Mu Do

## SATURDAY

8am- AIM Kickboxing & Fitness  
9am - Junior Han Mu Do - All Ranks  
9am - Mighty Sprouts  
10am- Adult Han Mu Do  
11:30am - Jiu Jitsu Foundations  
12:30pm - Open Mat Jiu Jitsu  
1:30pm - Archery

FALL 2023

# HARVEST

## Class Schedule

We welcome you to The Harvest Concept! Discover a community where families and students of all ages can thrive, not just in martial arts; but with a feeling of empowerment and personal growth.

Whether you're a parent seeking a constructive outlet for your child, a teenager aiming to build self-confidence, or an adult looking for a refreshing change of pace, there's a place for you here on our mats. With a vibrant range of classes, from Han Mu Do to HIIT Kickboxing, we offer a dynamic, safe, and uplifting environment where every kick, strike, and breath cultivates not just physical strength, but also mental resilience and spiritual balance. Don't miss out on the chance to be part of something extraordinary.



**Call us today!**

**615-224-3851**

**[www.theharvestconcept.com](http://www.theharvestconcept.com)**



Scan the QR code to embark on a week-long journey of self-discovery with free classes!