

Martial Arts Institute of the Berkshires, Inc.

Taekwondo

PO Box 175, Housatonic, MA 01236

Tel: (413) 528-9560 Website: www.MAIBTaekwondo.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					In Person Program 11:30 - 12:30 PM @ Berkshire Pulse
					In Person Program 12:30 - 1:30 PM @ Berkshire Pulse
Senior Fitness Class On-Line Only 2:30 - 3:00 PM				Senior Fitness Class On-Line Only 3:30 - 4:00 PM	
	Taekwondo Class On-Line Only 4:00 - 5:00 PM			Taekwondo Class On-Line Only 4:00 - 5:00 PM	
In Person Program 5:30 - 6:30 PM @ Berkshire Pulse			Taekwondo Class On-Line Only 6:00 - 7:00 PM		
		In Person Program 7:15 - 8:15 PM @ Berkshire Pulse			

Class schedule as of September 1, 2023

In Person Program - classes will be held at Berkshire Pulse Studios
located at 420 Park Street, Housatonic.