



# Mu Sool Won of South Austin

- **Beginner:** White Belt – Green Stripe
- **Intermediate:** Green Belt – Red Stripe
- **Black Belt Club:** By Invitation Only
- **Little Dragons:** 4 to 6 years. Parents must be present.
- **Mu Sool Fit:** Kickboxing and Conditioning
- **Defense Lab:** This is separate course taught by Shawn Schreiber; see website for details.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 pm (Noon) Adults Beginner & Up		12 pm (Noon) Adults Beginner & Up		12 pm (Noon) Adults Beginner & Up	9:00 – 10:00 am Defense Lab
3:45 – 4:30 pm Children Intermediate & Up	3:45 – 4:30 pm Children Intermediate & Up	3:45 – 4:30 pm Children Intermediate & Up	3:45 – 4:30 pm Children Intermediate & Up	3:45 – 4:30 pm Children Intermediate & Up	10:00 – 11:00 am Children/Adult Beginner & Up
4:30 – 5:15 pm Children Beginner & Up	4:30 – 5:15 pm Children Beginner & Up	4:30 – 5:15 pm Children Beginner & Up	4:30 – 5:15 pm Children Beginner & Up	4:30 – 5:15 pm Children Beginner & Up	
5:15 – 6 pm Children/Adult Intermediate	5:30 – 6 pm Little Dragons 4 to 6 years old	5:15 – 6 pm Dahn Bo Nim Black Belt Candidate	5:30 – 6 pm Little Dragons 4 to 6 years old	5:15 – 6 pm Children/Adult Black Belt Club	
6 pm – 7 pm Children/Adult Beginner & Up	6 pm – 7 pm Children/Adult Beginner & Up	6 pm – 7 pm Jo Kyo Nim 1 <sup>st</sup> Degree Black Belt	6 pm – 7 pm Children/Adult Beginner & Up	6 pm – 7 pm Children/Adult Beginner & Up	
7 pm – 8 pm Adults Beginner & Up	7 – 7:45 pm Adults Mu Sool Fit	7 pm – 8 pm Kyo Sa Nim 2 <sup>nd</sup> Degree Black Belt	7 – 7:45 pm Adults Mu Sool Fit	7 pm – 8 pm Adults Beginner & Up	
	7:45 – 8:30 pm Defense Lab		7:45 – 8:30 pm Defense Lab		

[www.msouthaustin.com](http://www.msouthaustin.com)  
512-299-1873

Check website for current schedule, testing, and promotions days.  
There are no Saturday classes during testing day and no  
Friday 6 pm class on promotions day once a month.