



# MARTINSBURG      SHEPHERDSTOWN

Mondays &  
Wednesdays

1343 EDWIN MILLER BLVD.  
(240) 803-2992

[jhms.martialarts@gmail.com](mailto:jhms.martialarts@gmail.com)

7670 MARTINSBURG PIKE #5  
(304) 876-0288

[jonghapmusool@gmail.com](mailto:jonghapmusool@gmail.com)

Tuesdays,  
Thursdays,  
& Saturdays

## MON. MARTINSBURG

## TUES. SHEPHERDSTOWN

## WED. MARTINSBURG

## THURS. SHEPHERDSTOWN

## SAT. SHEPHERDSTOWN

4:20-4:55

**LITTLE TIGERS**

4:00-4:35

**LITTLE TIGERS**

4:20-4:55

**LITTLE TIGERS**

4:00-4:35

**LITTLE TIGERS**

8:50-9:30

**WEAPONS**

5:00-5:45

**BEGINNER  
JUNIORS**

4:45-5:30

**BEGINNER  
JUNIORS**

5:00-5:45

**BEGINNER  
JUNIORS**

4:45-5:30

**BEGINNER  
JUNIORS**

9:30-10:20

**TAEKOWNDO**

5:50-6:35  
**INTERMEDIATE  
JUNIORS**

5:40-6:25  
**INTERMEDIATE  
JUNIORS**

5:50-6:35  
**INTERMEDIATE  
JUNIORS**

5:40-6:25  
**INTERMEDIATE  
JUNIORS**

10:30-11:50  
**DEMO TEAM**

6:40-7:25  
**ADVANCED  
JUNIORS**

6:35-7:20  
**ADVANCED  
JUNIORS**

6:40-7:25  
**ADVANCED  
JUNIORS**

6:35-7:20  
**ADVANCED  
JUNIORS**

7:30-8:20

**TEEN & ADULT**

7:30-8:20

**TEEN & ADULT**

7:30-8:20

**TEEN & ADULT**

7:30-8:20

**TEEN & ADULT**