CLASS SCHEDULE



WEEKDAY									
Monday		Tuesday		Wednesday		Thursday		Friday	
Technique Day		Technique Day				Sparring Day			
		11:45-12:30 pm	Day Class All Ranks Ages 7 and up			11:45-12:30 pm	Day Class All Ranks Ages 7 and up	5:30 – 6:30 pm	Judo All Ranks Ages 8 and up
5:00 - 5:30 pm	Tiny Dragons Ages 4-6	4:45 – 5:25 pm	Junior TKD All Ranks Ages 7 -13	5:00 - 5:30 pm	Tiny Dragons Ages 4-6	4:45- 5:25 pm	Junior TKD All Ranks Sparring 7 -13		
5:35 – 6:05 pm	Young Dragons Ages 4-6	5:35 - 6:05 pm	Young Dragons Ages 4-6	5:35 – 6:35 pm	Judo All Ranks Ages 8 and up	5:35 – 6:05 pm	Young Dragons Ages 4-6		
6:10 - 6:55 pm	Family Beginner	6:10 - 6:55 pm	Family Intermediate & Advanced	6:40 – 7:20 pm	Black Belt & Recommended Black Belt Class	6:10 – 6:55 pm	Family All Ranks Forms		
7:00 - 7:45 pm	Family Intermediate & Advanced	7:00 - 7:45 pm	Family Beginner	7:25 - 8:00 pm	Individual Practice	7:00 – 7:45 pm	Family All Ranks Sparring		
		7:50 - 8:30 pm	Adult TKD All Ranks Ages 13 and up			7:50 - 8:30 pm	Adult TKD All Ranks Ages 13 and up		

	WEEI	KEND	
Satı	ırday	Sunday	
	ng Day		
9:30 - 10:00 am	Young Dragons Ages 4 -6		
10:05-10:50 am	Family Beginner		Beginner: White, Yellow,Orange, Green Belt
10:55-11:40 am	All Weapons Class		Intermediated & Advanced: Purple and Up
11:45-12:30 pm	Family Advanced Sparring	Closed	
12:35 -1:40 pm	Judo All Ranks Ages 8 and up		
1:45 -2:45 pm	Olympic Taekwondo Class		

5/1/2017