

2019 Class Schedule

Mon	Tues	Wed	Thurs	Fri	Sat
				Adult Taekwondo 11:00-11:45 am	Taekwondo Ages 7 and up 10:30-11:15am
Tot's Advanced Taekwondo 5:30-6:00pm	Tot's Taekwondo 5:30-6:00pm	Tot's Taekwondo 5:30-6:00pm	Youth Taekwondo 4:45-5:30pm		Sparring 11:45-12:45pm
Youth Beginner Taekwondo 6:15-7:15pm	Adult Taekwondo 6:15-7:15pm	Youth Advanced/Adult Taekwondo 6:15-7:15pm	Youth Advanced/Adult Taekwondo 6:00-7:15pm	Youth Beginner Taekwondo 6:00-7:00pm	
Koryo Gumdo 7:30-8:30pm	Kickboxing 7:30-8:15pm		Koryo Gumdo 7:30-8:30pm	Youth Advanced Taekwondo 7:15-8:15pm	

Tot's: ages 5-6

Youth: ages 7-12

Adult: ages 13 and up

