





Class Schedule

Mon	Tues	Wed	Thurs	Fri	Sat
					Taekwondo sparring 11:00-11:45am
	Tot's Taekwondo 5:30-6:00pm	Tot's Taekwondo 5:30-6:00pm			
Youth Beginner Taekwondo 6:00-6:45pm			Teen/Adult Taekwondo 6:00-6:45pm	Youth Beginner Taekwondo 6:00-6:45pm	
	Teen/Adult Taekwondo 6:30-7:15pm	Youth Int/Adv Taekwondo 6:30-7:15pm			
Koryo Gumdo 7:00-8:00pm			Teen/Adult Taekwondo 7:00-7:45pm	Youth Int/Adv Taekwondo 7:00-7:45pm	
	Teen/Adult Taekwondo 7:30-8:15pm				

-  Tot's: ages 5-6
-  Youth Beginner: ages 7-12 White and Yellow Belts
-  Youth Int/Adv: ages 7-12 Green Belts and Up
-  Teen/Adult: all belts ages 13 and up

Sparring

