

# Class Schedule Effective June 1<sup>st</sup> 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>3:45-4:30 pm</u> Children's Class <b>All Levels</b>	<u>3:45-4:30 pm</u> Children's Class <b>Endurance</b> <b>All Levels</b>	<u>3:45-4:30 pm</u> Children's Class <b>One Steps</b> <b>All Levels</b>	<u>3:45-4:30 pm</u> Children's Class <b>All Levels</b>	<u>3:45-4:30 pm</u> Children's Class <b>Poomsae Review</b> <b>All Levels</b>	<u>10:00-10:45 am</u> Children's Class <b>All Levels</b>
<u>4:30-5:15 pm</u> Children's Class <b>Test Review</b> <b>All Levels</b>	<u>4:30-5:15 pm</u> Children's Class <b>Sparring</b> <b>All Levels</b>	<u>4:30-5:15 pm</u> Children's Class <b>Poomsae Review</b> <b>All Levels</b>	<u>4:30-5:15 pm</u> Children's Class <b>Black Belt Program Only</b> <b>All Levels</b>	<u>4:30-5:15 pm</u> Children's Class <b>Stretching and</b> <b>Gymnastics</b>	<u>10:45-11:30 pm</u> Children's Class <b>Sparring</b> <b>All Levels</b>
<u>5:15-6:15 pm</u> Family/Teens/Adults Class <b>All Levels</b> Advanced Kids Green Stripe and above	<u>5:15-6:15 pm</u> Family/Teens/Adults Class <b>All Levels</b> Advanced Kids Green Stripe and above <b>Poomsae Review</b>	<u>5:15-6:15 pm</u> Family/Teens/Adults Class <b>All Levels</b> Advanced Kids Green Stripe and above	<u>5:15-6:15 pm</u> Family/Teens/Adults Class <b>All Levels</b> Advanced Kids Green Stripe and above	<u>5:15-6:15 pm</u> Family/Teens/Adults Class <b>All Levels</b> Advanced Kids Green Stripe and above <b>Test Review</b>	<u>11:30-12:30 pm</u> Adults/Teens/Family Class <b>All Levels</b> Advanced Kids Green Stripe and above
<u>6:15-7:15 pm</u> Adults/Teens Class <b>All Levels</b>	<u>6:15-7:15 pm</u> Adults/Teens Class <b>Sparring</b> <b>All Levels</b>	<u>6:15-7:15 pm</u> Adults/Teens Class <b>Test Review</b> <b>All Levels</b>	<u>6:15-7:15 pm</u> Adults/Teens Class <b>Black Belt Program Only</b> <b>All Levels</b>	<u>6:15-7:15 pm</u> Adults/Teens Class <b>Full Range Sparring</b>	<u>12:30-1:30 pm</u> Adults/Teens/Children Class <b>Black Belt Program Only</b> <b>All Levels</b>
<u>7:15-8:15 pm</u> Adults/Teens/Family Class <b>All Levels</b>	<u>7:15-8:15 pm</u> Adults/Teens/Family Class <b>All Levels</b> <b>Poomsae Training</b>	<u>7:15-8:15 pm</u> Adults/Teens/Family Class <b>All Levels</b>	<u>7:15-8:15 pm</u> Adults/Teens/Family Class <b>All Levels</b> <b>Competition Training</b>	<u>7:15-8:15 pm</u> Adults/Teens/Family Class <b>All Levels</b>	<u>1:30-2:30 pm</u> <b>Demo Team</b> <b>Training</b>