

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>3:45-4:30 pm</u> Children's Class All Levels	<u>3:45-4:30 pm</u> Children's Class Endurance All Levels	<u>3:45-4:30 pm</u> Children's Class Test Review All Levels	<u>3:45-4:30 pm</u> Children's Class All Levels	<u>3:45-4:30 pm</u> Children's Class Poomsae Review All Levels	<u>10:00am-10:55am</u> Children's Class All Levels
<u>4:35-5:20 pm</u> Children's Class Test Review All Levels	<u>4:35-5:20 pm</u> Children's Class Sparring All Levels	<u>4:35-5:20 pm</u> Children's Class All Levels	<u>4:35-5:20 pm</u> Children's Class Black Belt Program Only All Levels	<u>4:35-5:20 pm</u> Children's Class Stretching and Gymnastics	<u>11:00am -12:00pm</u> Children's Class Sparring All Levels
<u>5:25-6:20 pm</u> Family/Teens/Adults Class All Levels Advanced Kids Green Stripe and above	<u>5:25-6:20 pm</u> Family/Teens/Adults Class All Levels Advanced Kids Green Stripe and above Poomsae Review	<u>5:25-6:20 pm</u> Family/Teens/Adults Class All Levels Advanced Kids Green Stripe and above	<u>5:25-6:20 pm</u> Family/Teens/Adults Class All Levels Advanced Kids Green Stripe and above	<u>5:25-6:20 pm</u> Family/Teens/Adults Class All Levels Advanced Kids Green Stripe and above Test Review	<u>12:05- 1:00pm</u> Adults/Teens/Children Class Black Belt Program Only All Levels
<u>6:25-7:20 pm</u> Adults/Teens Class All Levels	<u>6:25-7:20 pm</u> Adults/Teens Class Sparring All Levels	<u>6:25-7:20 pm</u> Adults/Teens Class Test Review All Levels	<u>6:25-7:20 pm</u> Adults/Teens Class Black Belt Program Only All Levels	<u>6:25-7:20 pm</u> Adults/Teens Class Full Range Sparring	<u>1:00 – 2:00pm</u> PRIVATE LESSON
<u>7:25-8:20 pm</u> Adults/Teens/Family Class All Levels	<u>7:25-8:20 pm</u> Adults/Teens/Family Class All Levels Poomsae Training	<u>7:25-8:20 pm</u> Adults/Teens/Family Class All Levels	<u>7:25-8:20 pm</u> Adults/Teens/Family Class All Levels Competition Training	<u>7:25-8:20 pm</u> Adults/Teens/Family Class All Levels	<u>2:05 – 3:05pm</u> Demo Team Training RED STRIPE And Above