

CLASS SCHEDULE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY		SUNDAY		
							8.30			private lesson		
							9:00			level 1	private lesson	
2:00		private lesson by appointment	private lesson by appointment	private lesson by appointment	private lesson by appointment	private lesson by appointment	10:00	taekwon tots	all levels	taekwon tots	all levels	
3:00	closed on mondays	level 1 / all levels by appointment	level 1 / all levels by appointment	level 1 / all levels by appointment	level 1 / all levels by appointment	all levels	11:00	level 1	11 am light sparring	all levels	11 am light sparring	
4:00		level 1	level 1	all levels	taekwon tots	level 1 / all levels	12:00	all levels / black belts		all levels / black belts		
5:00		all levels / black belts	all levels / black belts	light sparring	all levels		1:00	private lesson		private lesson		
6:00		6 pm light sparring	competition team	6 pm light sparring	competition team	all levels	teens all levels	1:30	taekwon tots	level 1	level 1 / all levels	
7:00		private lesson		private lesson		private lesson by appointment	teens light sparring equipment required	2:30	all levels		2.30 pm light sparring equipment required	
7:30		all levels by appt	test preparation	all levels by appt	all levels	all levels	test preparation	3:30	all levels	teens all levels	all levels / black belts	
8:30		light sparring equipment required	taeguk forms		light sparring equipment required	traditional forms	4:30	4.30 pm light sparring equipment required		all levels	teens all levels	
9:30 30 mins		dynamic flexibility drills	heavy bag drills		strength & conditioning	private lesson by appointment	5:30	family taekwondo		family taekwondo		

Legend	Taekwon Tots : 3 - 5 years	T-KiDs : 5 - 10 years	Teens : 11 to 14 years	Adults	Family Taekwondo
--------	----------------------------	-----------------------	------------------------	--------	------------------