



JL Taekwondo Academy *Apex Class Schedule*

January 15, 2018

Belts		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family	All Belts	4:20 - 5:00 PM 7:20 - 8:00 PM	4:20 - 5:00 PM	4:20 - 5:00 PM 7:20 - 8:00 PM	4:20 - 5:00 PM	4:20 - 5:00 PM 7:20 - 8:00 PM	9:30 - 10:10 PM
Little Dragons (Age 3 - 5)	Beginner No Belt / White / Yellow / Green	5:00 - 5:40 PM	5:50 - 6:30 PM	5:00 - 5:40 PM	5:50 - 6:30 PM	5:00 - 5:40 PM	11:00 - 11:40 AM
	Intermediate Orange / Blue / H.Blue	6:40 - 7:20 PM	5:00 - 5:40 PM	6:40 - 7:20 PM	5:00 - 5:40 PM	6:40 - 7:20 PM	11: 50 - 12:30 PM
Child (Age 6 & Up)	Beginner No Belt / White / Yellow / Green	5:50 - 6:30 PM	6:40 - 7:20 PM	5:50 - 6:30 PM	6:40 - 7:20 PM	5:50 - 6:30 PM	11:00 - 11:40 AM
	Intermediate Orange / Blue / H.Blue	6:40 - 7:20 PM	5:00 - 5:40 PM	6:40 - 7:20 PM	5:00 - 5:40 PM	6:40 - 7:20 PM	11: 50 - 12:30 PM
	Advanced Brown / Purple / Red & Deputy Black	6:40 - 7:20 PM	5:00 - 5:40 PM	6:40 - 7:20 PM	5:00 - 5:40 PM	6:40 - 7:20 PM	10:10 - 10:50 AM
	Black Belt	6:40 - 7:20 PM	5:00 - 5:40 PM	6:40 - 7:20 PM	5:00 - 5:40 PM	6:40 - 7:20 PM	10:10 - 10:50 AM
Teen & Adult (Age 10 & Up)	All Belts		7:20 8:00 PM		7:20 8:00 PM		10:10 - 10:50 AM

Special Classes

Student Leader Class						Kids Birthday Parties!! Please Ask Office
Preparation Class						
Self Defense Class						
Demo Team						

1. Parents are encouraged to watch classes. Please respect the class by **remaining quiet** and turning all cell phone ringers to " silent"
2. If you have any questions, please also visit www.jltaekwondo.com or contact Master H.W. Jung anytime at (919) 267- 4993 or jltdapex@gmail.com