

Hour / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 - 4:50	Curriculum Children Intermediate	Curriculum Children Beginners	Dynamic Drills/ Sparring Techniques Children Intermediate	Dynamic Drills/ Sparring Techniques Children Beginners	Curriculum 4:00 - 5:00 Family Beginners	9:00 am - 4:00 pm Special Events and Birthday Parties by appointments only
4:50 - 5:40	Curriculum Children Beginners	Curriculum Children Intermediate	Dynamic Drills/ Sparring Techniques Children Beginners	Dynamic Drills/ Sparring Techniques Children Intermediate	SPARRING CLASS 5:00 - 6:00 Intermediate and advanced	
5:40 - 6:30	Seminars Workshop Prep Cycle Classes (Contents may Vary)	Curriculum Family Beginners	Seminars Workshop Prep Cycle Classes (Contents may Vary)	Dynamic Drills/ Sparring Techniques Family Beginners	SPARRING CLASS 6:00 - 7:30 Leadership Club Instructor Program	
6:30 - 7:20	Curriculum Family Beginners	Curriculum Family Intermediate & Advanced	Dynamic Drills/ Sparring Techniques Family Beginners	Dynamic Drills/ Sparring Techniques Family Intermediate & Advanced		
7:20 - 8:20	Curriculum Young Adults & Adults Advanced	Seminars Workshop Prep Cycle Classes (Contents may Vary)	Dynamic Drills/ Sparring Techniques Young Adults & Adults Advanced	Seminars Workshop Prep Cycle Classes (Contents may Vary)		

New class schedule starts Monday, October 5th, 2015

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Age Groups:

Children (11 & Younger)
 Young Adults (12 & Older)
 Adults (18 & Older)

New class schedule starts Monday, October 5th, 2015

Class Attendance Rules:

- *Arrive 5 minutes before class. If you are late to practice, wait by the available mat entrance for permission to join the class.
- *Salute to the flags when entering & exiting Dojang.
- *Bow to the Master & Instructor when entering & exiting Dojang.
- *Respect others while class is in session.
- *Notify the Instructor when unable to attend class.

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