




Class Schedule (Effective from March 10, 2014)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12~12:40	Court A : Home School Court C : Adult Special Clinic(all belts)	Closed	Court A : Home School Court C : Adult Special Clinic(all belts)	Closed	Open Practice	(10:00 – 11:00 am) Contact Sparring All Belts
5:10~5:50	Court A : Purple/Red & Deputy Black Belts Court C : Little Dragons (Orange Stripe and Above)	4:30 ~ 5:00 PM <i>Private Lesson*</i> Little Dragons (White/Yellow/Green Stripes)	Court A : Green/Orange Belts Court C : Little Dragons (Orange Stripe and Above)	4:30 ~ 5:00 PM <i>Private Lesson*</i> Little Dragons (White/Yellow/Green Stripes)	4:30 ~ 5:00 PM <i>Private Lesson*</i> Yellow/Green Orange/Blue (Nunchuck/Sparring)	(11:10 – 11:50 am) Court A : Green/Orange/Blue/ H. Blue Court C : Brown/Purple/Red
5:50~6:30	Court A : White/Yellow Court C : Little Dragons (White/Yellow/Green)	Court A : White/Yellow/Green Court C : Black Belts: Weapon	Court A : Blue/ H. Blue Belts Court C : Brown/Purple/Red	Court A : Green/Orange Belts Court C : Brown/Purple Belts	Court A : Nunchuck H. Blue/Brown & Above Court C : Little Dragons H. Blue/ Brown & Above	(12:00 – 12:40 pm) Court A : White/ Yellow Court C : Master Class All Black Belts
6:30~7:10	Court A : Blue/H. Blue Belts Court C : All Black Belts	Orange/Blue H. Blue/Brown Belts	Court A : White/Yellow Court C : Little Dragons (White/Yellow/Green)	Court A : All Black Belts Court C : Black Belt Test Preparation	Court A : White & Family Class Court C : Black Belt Test Preparation	 Kids Birthday Parties!!
7:10~7:50	Court A : Junior Court C : Adult	Juniors All Belts	Contact Sparring Court A : Adult/Junior Court C : Beginner(W/Y/G)	Court A : SELF-DEFENSE FOR WOMEN Court C : JL Demo Team	Court A : Juniors (Orange and above) Court B : Juniors (White/Yellow/Green) Court C : MMA	
7:50~8:20	Special Weapon		Competition Sparring/		Training for Student Leaders	

- Parents are encouraged to watch classes. Please respect the class by **remaining quiet** and turning all cell phone ringers to “silent”.
- “Private Lesson” is for all students who want to improve their Forms, Self-defense and/or Breaking technics. There is no extra charges.
- Please arrive 10 minutes before your class and take your attendance card out.
- If you have any questions, please also visit www.JLtaekwondo.com or contact Master Mitch anytime at **(919) 467-1234**.