



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

### Special Classes *(Please Ask Masters)*

Student Leader Class				6:40 - 7:20 PM		
Self Defense (D/B & Up or 13 years & Up)			7:20 - 8:00 PM			11:00 - 11:40 AM
Spiritual Class		6:40 - 7:20 PM				
Preparation Class		8:00 - 8:40 PM		8:00 - 8:40 PM		
Competition Team		8:00 - 9:00 PM		8:00 - 9:00 PM		9:10 - 10:10 AM
JL Demo Team	8:00 - 9:00 PM		8:00 - 8:40 PM			

1. Parents are encouraged to watch classes. Please respect the class by remaining quiet and turning all cell phone ringers to "silent"

2. "Test Skills Private Lesson" is for only testing students who want to improve their Forms, Self-defense and Breaking technics. *Please ask Masters.*

3. If you have any questions, please also visit [www.jltaekwondo.com](http://www.jltaekwondo.com) or contact Master B.Y. Yoon anytime at (919) 467-1234 or [jltaekwondo2015@gmail.com](mailto:jltaekwondo2015@gmail.com)