



Class Schedule

March 4, 2024

	DAY 1 - FORMS & BASICS		DAY 2 - SPARRING & SELF DEFENSE	
	Monday	Tuesday	Wednesday	Thursday
TKD Attire:	Dobok Only	Dobok Only	Dobok or Hi5 T-shirts	Dobok or Hi5 T-shirts
4 PM - 4:30 PM	White - Sr. White	<i><u>Tiny Tiger</u></i>	White - Sr. White	<i><u>Tiny Tiger</u></i>
4:30 PM - 5 PM	Yellow - Sr. Green	White - Sr. White	Age 6 - 8	White - Sr. White
5 PM - 5:30 PM	Blue - Sr. Red	Yellow - Sr. Green	Age 9 - 11	Age 6 - 8
5:30 PM - 6PM	ALL BELTS	Blue - Sr. Red	ALL BELTS	Age 9 - 11
6PM - 6:45 PM	Danbo - BLACK BELT	ALL BELTS 6 - 6:30pm	Age 12 - 17	ALL BELTS 6 - 6:30pm
6:45 PM - 7:30 PM	Competition Poomsae Training	Teen & Adult Class	Competition Poomsae Training	Teen & Adult Class

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