



Class Schedule

2/19/19

	DAY 1		DAY 2		*Sparring Class (No Trial Students)	Make-Up & Special Classes
	Monday	Tuesday	Wednesday	Thursday	DAY 3	DAY 4
TKD Attire:	Dobok Only	Dobok Only	Any	Any	Friday	Saturday
					Any	Any
						Make Up Class for All Ages 9AM - 9:45AM

Check this month's calendar for the **Casual Day & Nunchuck Class** dates.
See you there!

3:45 PM - 4:30 PM	INTRO CLASS	<i>Tiny Tiger</i> (Ages 5-6)	INTRO CLASS	<i>Tiny Tiger</i> (Ages 5-6)	Tiny Tiger (Ages 3-6) ALL BELTS	Instructor Training 10:30 AM - 12 PM
4:30 PM - 5:15 PM	ALL BELTS	White - Yellow Stripe	ALL BELTS	White - Yellow Stripe	(Ages 7-11) COLOR BELTS	
5:15 PM - 6:00 PM	Purple - Blue Stripe	ALL BELTS	Purple - Blue Stripe	ALL BELTS	(Ages 12+ Color Belts) (Ages 8+ Black Belts)	Team HI-5 Poomsae Competition Training 1 PM - 2:30 PM
6:00 PM - 6:30 PM	<i>Tiny Tiger</i> (Ages 3-4)	INTRO CLASS	<i>Tiny Tiger</i> (Ages 3-4)	INTRO CLASS	Team Hi-5 Kyoruki Competition Training 6:00 - 7:30	

6:30 PM - 7:15 PM	(Ages 12+) ALL BELTS	Brown - Black Belt	(Ages 12+) ALL BELTS	Brown - Black Belt	* You may participate in sparring classes starting White Belt.	*Sparring is Mandatory during testing starting Green Belt.
7:15 PM - 8:00 PM	Family Class	Adult Class	Family Class	Adult Class		

* MAKE UP CLASSES ARE FOR STUDENTS WHO HAVE NOT ATTENDED EITHER DAY 1 OR DAY 2 CLASS DURING THE WEEK.

HIGH FIVE TAEKWONDO
2203 Francisco Drive #170, El Dorado Hills, CA 95762
(916)939-1900, www.hi5taekwondo.com