



Time		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Dragons (Age 4-6)	No Belt & White	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
	White / Yellow / Green	6:40 - 7:20 PM		6:40 - 7:20 PM		6:40 - 7:20 PM	
	Orange / Blue / H.Blue	6:40 - 7:20 PM	6:40 - 7:20 PM	6:40 - 7:20 PM	6:40 - 7:20 PM	11:00 - 11:40 PM	
Child (Age 7 & Up)	No Belt & White	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	11:50 - 12:30 PM
	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	
	Orange / Blue / H.Blue	6:40 - 7:20 PM	5:50 - 6:30 PM 7:20 - 8:00 PM Sparring (Full Guard)	6:40 - 7:20 PM	5:50 - 6:30 PM	6:40 - 7:20 PM	11:00 - 11:40 PM
	Brown / Purple / Red	5:00 - 5:40 PM	6:40 - 7:20 7:20 - 8:00 PM Sparring Full Guard)	5:00 - 5:40 PM	6:40 - 7:20 PM	5:00 - 5:40 PM	
	Deputy Black Belt	5:00 - 5:40 PM	5:50 - 6:30 PM 7:20 - 8:00 PM Sparring (Full Guard)	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 Kum(Sword) or Sparring (Full Guard)	5:00 - 5:40 PM	7:20 - 8:00 PM Form (Poomse) Review	5:00 - 5:40 PM		
Teen & Adult (Age 11 & Up)	No Belt & White	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
	White / Yellow / Green						11:00 - 11:40 AM
	Orange & UP						
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	

Special Classes *(Please Ask Masters)*

Student Leader Class				6:40 - 7:20 PM		
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		9:50 - 10:50 AM
Demo Team				8:00 - 8:40 PM		
JL Demo Team						11:50 - 12:30 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 or contact Master B.Y. Yoon anytime at (919) 467-1234 or jltaekwondo2015@gmail.com