




Class Schedule (Effective from October 2nd , 2014)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12~12:40	Home School Taekwondo Class	Closed	Home School Taekwondo Class	Closed	Open Practice	(10:00 – 11:00 am) <u>Contact Sparring</u> All Belts
5:10~5:50	Court A : Purple/Red 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/Green Court C : Little Dragons (White/Yellow/Green)	Court A : White/Yellow/Green Court C : Black Belts & Deputy Black Weapon/Self Defense	Court A : Blue/ H. Blue Belts Court C : Brown/Purple/Red	Court A : Blue/H. Blue Court C : Brown/Purple/Red	Court A : Nunchuck H. Blue/Brown& Above Court C : Little Dragons Brown/Purple/Red	(12:00 – 12:40 pm) Court A : White/Yellow Court C : Master Class All Black Belts & Deputy Black
6:30~7:10	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 (Spiritual Program) Court C : Black Belts Testing Preparation	Court A : White & Family Class Court C : Black Belts Testing Preparation	 Kids Birthday Parties!!
7:10~7:50	Court A : Junior & Deputy Black Court C : Adult	Adults/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 : Adults/Juniors All Belts Court C : MMA	
7:50~8:20	Court A : Kendo Class Court C : Training for Student Leaders		Adult/Junior Private Lesson			

- 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 charge.
- If you have any questions, please also visit www.JLtaekwondo.com or contact Master Mitch anytime at (919) 467-1234.