



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adults All Belts 9:00AM – 10:00AM		Adults All Belts 9:00AM – 10:00AM		Adults All Belts 9:00AM – 10:00AM	Little Dragons All Belts 9:00 AM – 9:30 AM
Little Dragons All Belts 4:15 – 4:45	Little Dragons All Belts 4:15 – 4:45	Little Dragons All Belts 4:15 – 4:45	Little Dragons All Belts 4:15 – 4:45	Sparring – Adults Orange & up 10:00 – 10:30	STORM Team 9:30 AM – 10:00 AM
Children White to Purple 4:45 – 5:30	Children White to Purple 4:45 – 5:30	Sparring – Ages 4 – 7 Green & up 4:45 – 5:15	Children White to Purple 4:45 – 5:30	<i>Special Events:</i> <ul style="list-style-type: none"> • Seminars • Bring a friend day • Demo team • Birthday parties • Candidate classes <i>By announcement or reservation only.</i>	Children Brown - Black 10:00 AM – 10:45 AM
Children Blue to Brown 5:30 – 6:15	Children Blue to Brown 5:30 – 6:15	Sparring – Ages 8 – 12 Green & up 5:15 – 6:00	Children Blue to Brown 5:30 – 6:15		Sparring – Children Green & up 10:45 AM – 11:30 AM
Children High Brown & Black 6:15 – 7:00	Family* All Ages & All Belts 6:15 to 7:00	Children High Brown & Black 6:00 – 6:45	Family* All Ages & All Belts 6:15 to 7:00		Children White – High Red 11:30 AM – 12:15
Adults All Belts 7:00 to 8:00	Adults All Belts 7:00 to 8:00	Sparring – Adults Green & up 6:45 – 7:30	Adults All Belts 7:00 to 8:00		Adults All Belts 12:15 – 1:15

*Family classes are intended for families (parents and children or siblings) to attend classes together. All other students should come to their designated classes.

Rules of the Dojang

1. Arrive at least 5 minutes prior to class.
2. Attend classes regularly.
3. Students should bow to the masters, instructors, and flags whenever entering or leaving the Dojang.
4. Show respect to all students and instructors.
5. Pull attendance card prior to class.
6. Keep uniform neat and clean.
7. Help keep the Dojang clean and organized.

Legend

Little Dragons Ages 4 – 6
Children Ages 7 – 12
Adults Ages 13 & up

To participate in sparring, all students must have the appropriate sparring gear.