**American Taekwondo Center**

**124 Edds Lane, Sterling, VA 20165**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **3:20 – 4:00****After School Program (Class 1)** | **3:20 – 4:00****After School Program (Class 1)** | **3:20 – 4:00****After School Program (Class 1)** | **3:20 – 4:00****After School Program (Class 1)** | **3:20 – 4:00****After School Program (Class 1)** | **8:00 AM – 9:00 AM** **Black Belt Test Prep (by invitation)****--------------------------------****9:15 AM – 10:00 AM****All Levels All Ages (7 & up)** **--------------------------------****10:00 AM – 10:40 AM****Little Warriors** |
| **4:00 – 4:40****After School Program (Class 2)** | **4:00 – 4:40****After School Program (Class 2)** | **4:00 – 4:40****After School Program (Class 2)** | **4:00 – 4:40****After School Program (Class 2)** | **4:00 – 4:40****After School Program (Class 2)** |
| **5:20 – 6:00****Little Warriors** | **5:20 – 6:00****Little Warriors** | **5:20 – 6:00****Little Warriors** | **5:20 – 6:00****Little Warriors** | **5:20 – 6:00****Little Warriors** | **Little Warriors: Age 4-6****Beginner: No Belt, White, White Stripe, Yellow, Yellow Stripe, Green, All Ages****Intermediate: Green Stripe, Blue, Blue Stripe, All Ages****Advanced: Brown, Brown Stripe, Red, All Ages****Black: 1st Dan & above, All Ages** |
| **6:00 – 6:45****Beginner Intermediate****Children/Family** | **6:00 – 6:45****Beginner Intermediate****Children/Family** | **6:00 – 6:45****Beginner Intermediate****Children/Family** | **6:00 – 6:45****Beginner Intermediate****Children/Family** | **6:00 – 6:45****Beginner Intermediate****Children/Family** |
| **6:45 – 7:30****Advanced****Black Belts****Teen & Adult** | **6:45 – 7:30****Advanced****Black Belts****Teen & Adult** | **6:45 – 7:30****Advanced****Black Belts****Teen & Adult** | **6:45 – 7:30****Advanced****Black Belts****Teen & Adult** | **6:45 – 7:30****Advanced****Black Belts****Teen & Adult** | * **Birthday Parties**
* **Special Events**
* **Community Events**

**Contact ATC to get on the schedule of events!** |
|  | **7:30 – 8:30****Sparring Competition Team****(separate registration req’d)****Coming Soon!** | **6:45 – 8:00****S.T.O.R.M.****Leadership Team****(by invitation only)** | **7:30 – 8:30****Sparring Competition Team****(separate registration req’d)****Coming Soon!** | **7:30 – 8:30****Black Belt Test Prep****(by invitation)** |