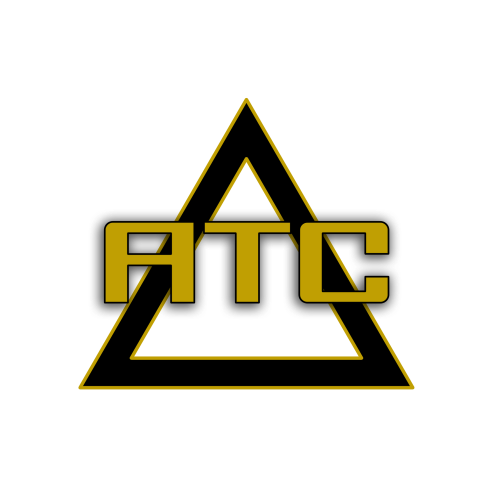
**American Taekwondo Center**

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

**Ph: 703-421-0700 Text: 571-293-2165 Email: atc.sterlingva@gmail.com**

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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)** |