

# TIGER K TAEKWONDO CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
Little Tiger	5:10	4:00	5:10	4:00	
Basic White - Orange	4:30	5:40	4:30	5:40	5:20 All Belt
Advanced Green-Deputy	5:40	4:30	5:40	4:30	5:20 All Belt
<p><b>Monday &amp; Tuesday:</b> Focus on Forms and Kicking Practice.  <b>Wednesday &amp; Thursday:</b> Focus on Kicking Target and Physical Training.</p>					
Black Belt Club		5:10 Forms Class(30min)	6:20 Sparring Class Black Belt/Adult Only	5:10 Ninja/Weapon(30min)	4:30 Sparring Class Age 5-12
Black Belt Master Club	6:20 Form & Leadership Training	6:20	6:20 Sparring Class Black Belt/Adult Only	6:20	6:00 Demo Team (Invitation Only)
Family Class	7:10 Adult Only	7:10 All Belt	7:10 Black Belt Prep	7:10 All Belt	5:20 All Belt

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