

JSC TAEKWONDO SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30pm-5:15pm White, Yellow	4:30pm-5:00pm 5 yr and under	4:30pm-5:15pm White, Yellow	4:45-5:30pm Orange, Green, Purple, Blue, Brown, Red	4:30pm-5:15pm ALL BELT POOMSAE	11am- 11:30am 5yr and under
5:15pm-6:00pm Orange, Green, Purple	5:00-6:00pm All Belt sparring	5:15pm-6:00pm Orange, Green, Purple	5:30-6:00pm 5yr and under	5:15pm-6:00pm All belt sparring	11:30am-12:30pm All belts
6:00pm-6:45pm Blue, Brown	6:00-6:45pm White, Yellow	6:00pm-6:45pm Orange,Green,Purple, blue,brown,red, All belts sparring	6:00pm-6:45pm White, Yellow	6:00-8:00pm Hi-Performance TEAM	
6:45-7:30pm Red, Poom	7:00-8:00pm Black Belt Adult class	6:45-7:30pm Red, Poom,	7:00-8:00pm Black Belt Adult class		JSC TAEKWONDO U20-12221 44 th ST SE Calgary AB 403)978-6960 masterjipark@gmail.com jsctkd.com
7:30pm-8:45pm Black belts		7:30pm-8:45pm Black belts			