

JSC TAEKWONDO SCHEDULE (EFFECTIVE from Monday July 14th , 2025)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30pm-5:15pm White, Yellow Orange		4:30pm-5:15pm White, Yellow Orange	4:45-5:30pm Green, Purple, Blue, Brown, Red	4:30pm-5:15pm ALL BELT POOMSAE	11am- 11:30am 5yr and under
5:15pm-6:00pm Green, Purple	5:00-6:00pm All Belt sparring	5:15pm-6:00pm 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 Orange (NO sparring)	6:00pm-6:45pm Orange,Green,Purple, blue,brown,red sparring	6:00pm-6:45pm White, Yellow Orange (NO sparring)	6:00-8:00pm Hi-Performance TEAM	
6:45-7:30pm Red, Poom Black	7:00-8:00pm Black Belt Adult class	6:45-7:30pm Red, Poom, Black	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-8:30pm Ceremony Practice		7:30pm-8:30pm Ceremony Practice			