

# JSC TAEKWONDO SCHEDULE (EFFECTIVE ON **FEBRUARY 3<sup>rd</sup>** ,2023)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>4:30pm~5:15pm</b> <b>Beginner</b> White , Yellow	<b>4:30pm~5:30pm</b> <b>Sparring</b> Orange, Green, Purple, Blue, Brown Red	<b>4:30pm~5:15pm</b> <b>Beginner</b> White , Yellow	<b>4:30pm~5:30pm</b> <b>Sparring</b> Orange, Green, Purple, Blue, Brown Red	<b>4:30pm~5:15pm</b> White, Yellow Orange-No sparring	<b>11:00am~ 11:45am</b> White, yellow
<b>5:15pm~6:00pm</b> <i>Intermediate</i> Orange, Green, Purple	<b>5:30pm~6:15pm</b> White, Yellow Orange- No Sparring	<b>5:15pm~6:00pm</b> <i>Intermediate</i> Orange, Green, Purple	<b>5:30pm~6:15pm</b> White, Yellow Orange- No Sparring	<b>5:15pm~6:00pm</b> <b>Sparring</b> Age 9 and under	<b>11:45am~12:45pm</b> Orange and up
<b>6:00pm~7:00pm</b> <i>Advanced</i> Blue, Brown, Red, Poom, Black	<b>6:15pm~7:00pm</b> Poom, Black	<b>6:00pm~7:00pm</b> <i>Advanced</i> Blue, Brown, Red, Poom, Black	<b>6:15pm~7:00pm</b> Poom, Black	<b>6:00pm~7:00pm</b> <b>Sparring</b> Age 10 and up	
<b>6:00pm~7:45pm</b> Poom, Black	<b>7:00pm~8:00pm</b> <b>Black Adults</b>	<b>6:00pm~8:00pm</b> <b>High-Performance</b>	<b>7:00pm~8:00pm</b> <b>Black Adults</b>	<b>6:00pm~8:00pm</b> <b>High-Performance</b>	<b>JSC TAEKWONDO</b> Unit#20 12221 44 <sup>th</sup> Street SE Calgary , Alberta  <b>JSCTKD.COM</b>
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