


**JSC TAEKWONDO SCHEDULE (EFFECTIVE from MONDAY **January 8<sup>th</sup>**, 2024)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:15pm-5:00pm <b>White, Yellow</b>	4:15pm-5:00pm <b>Hi-Performance</b> Blue, Brown, Red	4:15pm-5:00pm <b>White, Yellow</b>		4:15pm-5:00pm <b>White, Yellow</b>	11am- 11:50am <b>All belts</b>
5:10pm-6:00pm Orange, Green Purple	5:10pm-6:00pm Blue, brown, Red, Poom <b>Sparring</b>	5:10pm-6:00pm Orange, Green, Purple	5:10pm-6:00pm Orange, Green, Purple <b>Sparring</b>	5:10pm-6:00pm <b>Sparring</b> Orange, Green, Purple	
6:10pm-7:00pm Blue, Brown, Red	6:10pm-6:55pm <b>White, Yellow</b>	6:10pm-7:00pm Blue, Brown, Red	6:10pm-7:00pm <b>White, Yellow</b>	6:10pm-7:00pm <b>Sparring</b> Blue, Brown, Red	 <p><b>JSC</b> TAE KWON DO</p>
7:00pm-8:00pm Poom and Black <b>Demo practice</b>	7:00pm-8:00pm Adults and Black	7:00pm-7:50pm Poom and Black	7:00pm-8:00pm Adults and Black	7:00pm-7:50pm Poom and Black <b>Sparring</b>	<p><b>JSC TAEKWONDO</b> U20-12221 44<sup>th</sup> ST SE Calgary AB 403)978-6960 <a href="mailto:masterjjpark@gmail.com">masterjjpark@gmail.com</a> <a href="http://jsctkd.com">jsctkd.com</a></p>
7:50pm-8:30pm <b>Hi-Performance</b> Poom, Black		7:50pm-8:30pm <b>Hi-Performance</b> Poom, Black			