


## JSC TAEKWONDO SCHEDULE (EFFECTIVE from Monday September 16, 2024)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:20pm-5:05pm <b>White, Yellow</b> 5yr and up		4:20pm-5:05pm <b>White, Yellow</b> 5yr and up	4:45-5:45pm <b>All belt</b> <b>sparring</b>	4:20pm-5:05pm <b>ALL BELT</b> <b>POOMSAE</b>	11am- 11:30am 5yr and under
5:10pm-5:55pm <b>Orange, Green</b>	5:00-6:00pm <b>All Belt</b> <b>sparring</b>	5:10pm-5:55pm <b>Orange, Green</b>	5:45-6:15pm 5yr and under	5:05pm-5:50pm <b>All belt</b> <b>sparring</b>	11:30am-12:30pm <b>All belts</b>
6:00pm-6:45pm <b>Purple, Blue,</b> <b>Brown</b>	6:05-6:50pm <b>White, Yellow</b> 5yr and up	6:00pm-6:45pm <b>Purple, Blue,</b> <b>Brown</b>	6:15pm-7:00pm <b>White, Yellow</b> 5yrs and up	6:00-8:00pm <b>Hi-Performance</b> <b>TEAM</b>	
6:45-7:30pm <b>Red-Poom</b>	7:00-8:00pm <b>Black Belt</b> Adult class	6:45-7:30pm <b>Red-Poom</b>	7:00-8:00pm <b>Black Belt</b> Adult class		<b>JSC TAEKWONDO</b> U20-12221 44 <sup>th</sup> ST SE Calgary AB 403)978-6960 <a href="mailto:masterjipark@gmail.com">masterjipark@gmail.com</a> <a href="http://jsctkd.com">jsctkd.com</a>
7:30pm-8:30pm <b>Black Belt</b>		7:30pm-8:30pm <b>Black Belt</b>			