



Pil Sung Taekwondo

10 New Karner Rd (Karner Plaza), Guilderland, NY 12084

Class schedule effective 2/1/2020

All upcoming events: www.pilsungtkd.com

Martial Arts Classes (5yo through adults)

Monday	Tuesday	Wednesday	Thursday	Saturday
Youth Inter. & Advanced (Green thru Black) 4:30p to 5:15p	Youth Inter. & Advanced (Green thru Black) 4:30p to 5:15p	Youth Beginner (White & Yellow) 4:30p to 5:15p	Youth Beginner (White & Yellow) 4:30p to 5:15p	Little Dragons (3yo & 4yo) 9:00a to 9:30a
Youth Beginner (White & Yellow) 5:15p to 6:00p	Youth Beginner (White & Yellow) 5:15p to 6:00p	Youth Inter. & Advanced (Green thru Black) 5:15p to 6:00p	Youth Inter. & Advanced (Green thru Black) 5:15p to 6:00p	All Beginner (White & Yellow) 9:30a to 10:15a
Little Dragons (3yo & 4yo) 6:00p to 6:30p	ALL Advanced (Red & Black) 6:15p to 7:15	Little Dragons (3yo & 4yo) 6:00p to 6:30p	Teen & Adult Open (All ranks) 6:15p to 7:15p	All Intermediate (Green & Blue) 10:15 to 11:00
ALL Ages & Ranks 6:30p to 7:15p	Teen & Adult (White thru Blue) 7:15p to 8:00p	ALL Ages & Ranks 6:30p to 7:15p		All Advanced (Red & Black) 11:00a to 12:00p
Teen & Adult Open (All ranks) 7:15p to 8:00p		BLACK BELTS & Instructors 7:30p to 8:30p		

TEAM & ADDITIONAL PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Saturday
Hanmadang 5:15 to 6:00	Sparring 7:00p to 8:00p		Weapons 7:15p to 8:00p	Sparring Noon to 1:00p