

Pil Sung Taekwondo

10 New Karner Rd (Karner Plaza), Guilderland, NY 12084 Class schedule <u>effective 2/5/2024</u>

All upcoming events: www.pilsungtkd.com

Martial Arts Classes								
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
Youth Inter. & Advanced	Youth Inter. & Advanced	Youth Beginner	Youth Beginner		Little Dragons			
(Green thru Black)	(Green thru Black)	(White & Yellow)	(White & Yellow)	By private appt	(3yo & 4yo)			
100 1 5 15	4.00 4.5.45	4.00 4-	1 2 2 1 5 15					
4:30p to 5:15p	4:30p to 5:15p	4:30p to 5:15p	4:30p to 5:15p		9:00a to 9:30a			
Youth Beginner	Youth Beginner	Youth Inter. & Advanced	Youth Inter. & Advanced		All Beginner			
(White & Yellow)	(White & Yellow)	(Green thru Black)	(Green thru Black)		(White & Yellow)			
5:45:- t- 0:00:-	5:45: to 0:00:	5:45:- t- 0:00:-	5:45:- t- 0:00:-		0.20- 1- 40.45-			
5:15p to 6:00p	5:15p to 6:00p	5:15p to 6:00p	5:15p to 6:00p		9:30a to 10:15a			
Little Dragons		Little Dragons	Little Dragons		All Intermediate			
(3yo & 4yo)		(3yo & 4yo)	(3yo & 4yo)		(Green & Blue)			
6:00p to 6:30p		6:00p to 6:30p	6:00p to 6:30p		10:15 to 11:00			
Family All Ranks All Ages	ALL Advanced	Family All Ranks All Ages	Family All Ranks All Ages		All Advanced			
(5yo & up)	(Red & Black)	(5yo & up)	(5yo & up)		(Red & Black)			
6:30p to 7:15p	6:15p to 7:15	6:30p to 7:15p	6:30p to 7:15p		11:00a to 12:00p			
Teen & Adult Only	Family All Ranks All	BLACK BELTS &	Teen & Adult Only		11.000 to 12.00β			
(All ranks)	Ages	Instructors	(All ranks)					
(All falles)	(5yo & up)	instructors	(All falles)					
	(1) 1 3. 3. 4.							
7:15p to 8:00p	7:15p to 8:00p	7:30p to 8:30p	7:15p to 8:00p					

TEAM & ADDITIONAL PROGRAMS (incl w. Black Belt Club)								
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
Weapons Program 6:00 to 6:30			Weapons Program 6:00 to 6:30	Hanmadang 5:15 to 6:00	Sparring Team Noon to 1:00p			
				Forms Team 6:00 to 6:45				
				Sparring Team 6:45p to 7:30p				