



Northeast Taekwondo Academy

CLASS SCHEDULE

369 Duaneburg Road, Rotterdam, NY | 518-356-KICK (5425) | www.northeasttkd.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		12:00 Noon ADULT Open			
	4:30 pm JUNIOR Green & Higher		4:30 pm JUNIOR Green & Higher		10 am MIXED All Belts
5:30 pm JUNIOR Open	5:30 pm Lil' Dragons Beginner	5:30 pm JUNIOR Open	5:30 pm Lil' Dragons Advanced	5:30 pm MIXED Yellow & Higher	
6:30 pm ADULT Open & Junior Advanced	6:30 pm JUNIOR Open	6:30 pm ADULT Open & Junior Advanced	6:30 pm JUNIOR Open		
	7:30 pm ADULT Open & Junior Advanced		7:30 pm ADULT Open & Junior Advanced		

Lil' Dragons: Ages 4 – 6
 Junior: Ages 7 – 12
 Adult: Ages 13 & Up
 Mixed: Juniors & Adults
 Open: All Belts



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