



# SPRING 2026 SCHEDULE

Effective March 22, 2026

TIME	MON	TUE	WED	THU	FRI	SAT
<b>5:30-6:15</b>	Ages 7 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	<b>All Levels</b> <b>FUNDAMENTALS &amp; FITNESS</b> <b>10:30AM-11:15AM</b>				
<b>6:15-7:00</b>	Ages 11 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	<b>Ages 7 &amp; UP</b> <b>POOMSAE DEVELOPMENT</b> <b>11:15AM-12:15PM</b>				
<b>7:00-8:00</b>	Ages 12 & Up ALL RANKS + Ages 11 & Under ADVANCED <i>BLUE-BLACK</i>	Ages 12 & Up ALL RANKS + Ages 11 & Under ADVANCED <i>BLUE-BLACK</i>	Ages 12 & Up ALL RANKS + Ages 11 & Under ADVANCED <i>BLUE-BLACK</i>	Ages 12 & Up ALL RANKS + Ages 11 & Under ADVANCED <i>BLUE-BLACK</i>	Ages 12 & Up ALL RANKS + Ages 11 & Under ADVANCED <i>BLUE-BLACK</i>	<b>ALL AGES</b> <b>SPARRING**</b> <b>DEVELOPMENT</b> <b>12:15PM-1:30PM</b>

**\*\*Please bring own sparring gears to Saturday Sparring class**