



WINTER 2026 SCHEDULE

Effective January 2, 2026

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

**Please bring own sparring gears to Saturday Sparring class