



OneTop Center World Taekwondo Schedule



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MONDAY

4:00pm - 4:30pm
Little Tigers (Age 3-6)
All Belt Levels

4:40pm - 5:20pm
Intermediate
Class

5:30pm - 7:30pm
Poomsae Team
5:30pm - 7:30pm
Sparring Team

TUESDAY

4:00pm - 4:30pm
Little Tigers (Age 3-6)
All Belt Levels

4:40pm - 5:20pm
Beginners
Class

5:25pm - 6:05pm
Intermediate
Class

6:10pm - 6:50pm
Advanced

&

Black Belts
Class

6:10pm - 7:10pm
Adult Class
15 & Older

WEDNESDAY

4:00pm - 4:30pm
Little Tigers (Age 3-6)
All Belt Levels

4:40pm - 5:20pm
Beginners
Class

5:30pm - 7:30pm
Poomsae Team
5:30pm - 7:30pm
Sparring Team

THURSDAY

4:00pm - 4:30pm
Little Tigers (Age 3-6)
All Belt Levels

4:40pm - 5:20pm
Beginners
Class

5:25pm - 6:05pm
Intermediate
Class

6:10pm - 6:50pm
Advanced

&

Black Belts
Class

6:10pm - 7:10pm
Adult Class
15 & Older

FRIDAY

4:00pm - 4:30pm
Little Tigers (Age 3-6)
All Belt Levels

4:40pm - 5:20pm
Beginners
Class

5:25pm - 6:05pm
Intermediate,
Advanced & Black Belt
Class

6:10pm - 7:40pm
Poomsae Team
&
Sparring Team
Strength
&
Conditioning

SATURDAY

Beginners



White Belt



Yellow Belt



Orange Belt



Green Belt

Intermediate



Purple Belt



Blue Belt



Brown Belt



Red Belt

Advanced



Poom Belt



School Black Belt
1



School Black Belt
2



School Black Belt
3