



OneTop Center World Taekwondo Schedule



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

4:00pm - 4:30pm
Tiny Tigers (Age 3-5)
All Belt Levels

4:00pm - 4:30pm
Tiny Tigers (Age 3-5)
All Belt Levels

4:00pm - 4:30pm
Tiny Tigers (Age 3-5)
All Belt Levels

4:00pm - 4:30pm
Tiny Tigers (Age 3-5)
All Belt Levels

4:00pm - 4:50pm
Poomsae Team
(Compete first to join)

10:00am - 10:30am
Tiny Tigers (Age 3-5)
All Belt Levels

4:40pm - 5:10pm
Little Tigers (Age 5-7)
All Belt Levels

4:40pm - 5:10pm
Little Tigers (Age 5-7)
All Belt Levels

4:40pm - 5:10pm
Little Tigers (Age 5-7)
All Belt Levels

4:40pm - 5:10pm
Little Tigers (Age 5-7)
All Belt Levels

5:00pm - 6:00pm
Demo Team
(Team Members ONLY)

10:40am - 11:10am
Little Tigers (Age 5-7)
All Belt Levels

5:20pm - 6:00pm
Beginners
&
Intermediate

5:20pm - 6:00pm
Advanced
&
Black Belts

5:20pm - 6:00pm
Beginners
&
Intermediate

5:20pm - 6:00pm
Advanced
&
Black Belts

6:10pm - 6:50pm
Leadership Class
Invite Only

11:20am - 12:00pm
Sparring Saturdays
5 & older
FREE Class
Must have Sparring
Gear to attend

6:10pm - 6:50pm
Advanced
&
Black Belts

6:10pm - 6:50pm
Beginners
&
Intermediate

6:10pm - 6:50pm
Advanced
&
Black Belts

6:10pm - 6:50pm
Beginners
&
Intermediate



Ages 3-7



8 and Older



Special Teams

7:00pm - 7:40pm
Kids, Teen & Adults
(Men, Women)
FAMILY CLASS

7:00pm - 7:40pm
Kids, Teen & Adults
(Men, Women)
FAMILY CLASS

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



Certified 1st Dan and Higher