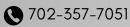


OneTop Center World Taekwondo Schedule





onetopcenterlasvegas@gmail.com



eonetopcenterwt

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4:00pm - 4:50pm

SATURDAY

4:00pm - 4:30pm **Leaders Training**

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

4:40pm - 5:20pm

Beginners

Class

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

4:30pm - 6:30pm

Poomsae Team

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

4:40pm - 5:20pm

Beginners

Class

Beginners Intermediate

4:55pm - 5:45pm **Advanced Class**

Teens & Adults 15 & Older

10:00am - 10:30am Little Tigers (Age 3-6) **All Belt Levels**

4:30pm - 6:30pm **Poomsae Team** 4:30pm - 6:30pm **Sparring Team**

5:25pm - 6:05pm Intermediate Class

4:30pm - 6:30pm **Sparring Team**

5:25pm - 6:05pm Intermediate Class

10:45am - 12:00pm Strength & Conditioning Ages 8 & Older **All Ranks**

6:30pm - 7:10pm **Certified Black Belts**

6:30pm - 7:10pm **Adult Class** 15 & Older

Beginners •

White Belt

6:10pm - 6:50pm Advanced 8

> **Black Belts** Class

> > Yellow Belt

6:30pm - 7:10pm **Certified Black Belts**

6:30pm - 7:10pm **Adult Class** 15 & Older

Orange Belt

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

Class

5:50pm - 7:20pm Poomsae Team 5:50pm - 7:20pm **Sparring Team**

Green Belt



