



OneTop Center World Taekwondo Schedule



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00pm - 4:30pm Leaders Training	4:00pm - 4:30pm Little Tigers (Age 3-6) All Belt Levels	4:00pm - 4:30pm Little Tigers (Age 3-6) All Belt Levels	4:00pm - 4:30pm Little Tigers (Age 3-6) All Belt Levels	4:00pm - 4:50pm Beginners & Intermediate	10:00am - 10:30am Little Tigers (Age 3-6) All Belt Levels
4:30pm - 6:30pm Poomsae Team 4:30pm - 6:30pm Sparring Team	4:40pm - 5:20pm Beginners Class 5:25pm - 6:05pm Intermediate Class	4:30pm - 6:30pm Poomsae Team 4:30pm - 6:30pm Sparring Team	4:40pm - 5:20pm Beginners Class 5:25pm - 6:05pm Intermediate Class	4:55pm - 5:45pm Advanced Class Teens & Adults 15 & Older	10:45am - 12:00pm Strength & Conditioning Ages 8 & Older All Ranks
6:30pm - 7:10pm Certified Black Belts	6:10pm - 6:50pm Advanced & Black Belts Class	6:30pm - 7:10pm Certified Black Belts	6:10pm - 6:50pm Advanced & Black Belts Class	5:50pm - 7:20pm Poomsae Team 5:50pm - 7:20pm Sparring Team	
6:30pm - 7:10pm Adult Class 15 & Older		6:30pm - 7:10pm Adult Class 15 & Older			

Beginners



Intermediate



Advanced

