

ROANOKE TAEKWONDO & NINJA ACADEMY

CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>4pm to 4:45pm</u> Juniors White-Sr. Green Belts (No Dragons)	<u>4pm to 4:45pm</u> Dragons & All Junior Ranks (Forms Focused)	<u>4pm to 4:45pm</u> Juniors Red-Recommended Black Belts	<u>4pm to 4:45pm</u> Dragons & All Junior Ranks (Sparring Focused)		<u>8:00am to 9:00am</u> Teen & Adult Cardio
<u>4:45pm to 5:30pm</u> Ninja Academy (INVITATION REQUIRED)	<u>5:00pm to 5:45pm</u> Ninja Academy (INVITATION REQUIRED)	<u>4:45pm to 5:30pm</u> Ninja Academy (INVITATION REQUIRED)	<u>5:00pm to 5:45pm</u> Ninja Academy (INVITATION REQUIRED)	<u>4:45pm to 5:30pm</u> Ninja Academy (INVITATION REQUIRED)	<u>9:00am to 10:00am</u> All Ages & Ranks Taekwondo Class (Dragons-Black Belts)
<u>5:30pm to 6:30</u> Dragons & All Junior Ranks	<u>5:45pm to 6:30pm</u> Juniors Purple-Sr. Brown Belts	<u>5:30pm to 6:30pm</u> Dragons & All Junior Ranks	<u>5:45pm to 6:30pm</u> All Black Belt Juniors	<u>5:30pm</u> Alternating Fridays Leadership - 1st & 3rd Sparring - 2nd & 4th (No Dragons)	<u>10:00am to 11:00am</u> Ninja Academy (INVITATION REQUIRED)
<u>6:30pm to 7:30pm</u> Juniors, Teens, & Adults TKD Class (No Dragons)	<u>6:30pm to 7:30pm</u> Juniors, Teens, & Adults TKD Class (No Dragons)	<u>6:30pm to 7:30pm</u> Teen & Adult Cardio	<u>6:30pm to 7:30pm</u> Juniors, Teens, & Adults TKD Class (No Dragons)		CLASSES IN "YELLOW" ARE PERFECT FOR BEGINNER STUDENTS TO ATTEND. (CHOOSE BY AGE GROUP.)
<u>7:30pm to 8:30pm</u> Teen & Adult Cardio	<u>7:30pm to 8:30pm</u> Teens TKD All Ranks	<u>7:30pm to 8:30pm</u> Teen & Adult Black Belt Class	<u>7:30pm to 8:30pm</u> Teens TKD All Ranks		TAEKWONDO BY AGE Dragons: Ages 4 & 5 Juniors: Ages 5-11 Teens: Ages 11-18 Adults: Ages 18 & Older