

ROANOKE TAEKWONDO & NINJA ACADEMY CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4pm to 4:45pm Juniors White-Sr. Green Belts (No Dragons)	4pm to 4:45pm Dragons & All Junior Ranks	4pm to 4:45pm Juniors Red-Recommended Black Belts	4pm to 4:45pm Dragons & All Junior Ranks		8:00am to 9:00am Teen & Adult Cardio
4:45pm to 5:30pm Ninja Academy (INVITATION REQUIRED)	5:00pm to 5:45pm Ninja Academy (INVITATION REQUIRED)	4:45pm to 5:30pm Ninja Academy (INVITATION REQUIRED)	5:00pm to 5:45pm Ninja Academy (INVITATION REQUIRED)	4:45pm to 5:30pm Ninja Academy (INVITATION REQUIRED)	9:00am to 10:00am All Ages & Ranks Taekwondo Class (Dragons-Black Belts)
5:30pm to 6:30 Dragons & All Junior Ranks	5:45pm to 6:30pm Juniors Purple-Sr. Brown Belts	5:30pm to 6:30pm Dragons & All Junior Ranks	5:45pm to 6:30pm All Black Belt Juniors	5:30pm to 7pm Super Cool TKD Class All Ages & Ranks (No Dragons)	10:00am to 11:00am Ninja Academy (INVITATION REQUIRED)
6:30pm to 7:30pm Juniors, Teens, & Adults TKD Class (No Dragons)	6:30pm to 7:30pm Juniors, Teens, & Adults TKD Class (No Dragons)	6:30pm to 7:30pm Teen & Adult Cardio	6:30pm to 7:30pm Juniors, Teens, & Adults TKD Class (No Dragons)		CLASSES IN "YELLOW" ARE PERFECT FOR BEGINNER STUDENTS TO ATTEND. (CHOOSE BY AGE GROUP.)
7:30pm to 8:30pm Teen & Adult Cardio	7:30pm to 8:30pm Teens TKD All Ranks	7:30pm to 8:30pm Junior, Teens, & Adult TKD Rewind (Leadership Included)	7:30pm to 8:30pm Teens TKD All Ranks		TAEKWONDO BY AGE Dragons: Ages 4 & 5 Juniors: Ages 5-11 Teens: Ages 11-18 Adults: Ages 18 & Older