




WEEKLY CLASS SCHEDULE

Start Time	Monday	Tuesday	Wednesday	Thursday
5:30 a.m.		Adult Taekwondo		Adult Taekwondo
4:15 p.m.		Mini-Junior & Junior Taekwondo		Mini-Junior & Junior Taekwondo
5:05 p.m.	Open Gym: Poomsae	Youth Taekwondo	Youth Taekwondo	Youth Taekwondo
6:05 p.m.	Open Gym: Sparring	Intermediate + Beginning Teens & Adults	Intermediate + Beginning Teens & Adults	Intermediate + Beginning Teens & Adults
7:00 p.m.	Advanced & Adults	<p>THE HIGH PERFORMANCE INSTITUTE OF</p> 		Advanced & Adults