

TAEKWONDO CLASS SCHEDULE

MON	TUE	WED	THU	FRI
TINY TIGERS 5:30 PM - 6:15 PM	TINY TIGERS 5:30 PM - 6:15 PM	TINY TIGERS 5:30 PM - 6:15 PM	TINY TIGERS 5:30 PM - 6:15 PM	TINY TIGERS 5:30 PM - 6:10 PM
DRAGONS TRAINEE 6:15 PM - 7:00 PM	DRAGONS ALL BELTS 6:15 PM - 7:00 PM	DRAGONS TRAINEE 6:15 PM - 7:00 PM	DRAGONS ALL BELTS 6:15 PM - 7:00 PM	SPARRING ALL BELTS 6:15 PM - 7:45 PM
DRAGONS ADVANCED 7:00 PM - 7:45 PM	ADULTS 7:00 PM - 8:00 PM	DRAGONS ADVANCED 7:00 PM - 7:45 PM	ADULTS 7:00 PM - 8:00 PM	ADULTS 7:45 PM - 8:45 PM
ADULT CLASS 7:45 PM - 8:45 PM		ADULT CLASS 7:45 PM - 8:45 PM		

	AGE	BELT LEVEL
TINY TIGERS	4-6	ALL BELTS
DRAGONS TRAINEE	7-13	WHITE - ORANGE
DRAGONS ADVANCED	7-13	GREEN - BLACK
ADULTS	13+	ALL BELTS

December

2025

SUN	MON	TUE	WED	THU	FRI	SAT
	¹ Sparring	² Sparring	³ Sparring	⁴ Sparring	⁵ Sparring	⁶
⁷	⁸ Self Defense	⁹ Self Defense	¹⁰ Self Defense	¹¹ Self Defense	¹² Self Defense	¹³
¹⁴	¹⁵ Basics	¹⁶ Basics	¹⁷ Basics	¹⁸ Basics	¹⁹ Basics	²⁰
²¹	²² Poomsae	²³ Poomsae	²⁴ Poomsae	²⁵ Poomsae	²⁶ Poomsae	²⁷
²⁸	²⁹ Sparring	³⁰ Sparring	³¹ Sparring	Sparring	Sparring	