

# TAEKWONDO TRAINING SCHEDULE

## MONDAY - FORMS

430pm-5pm  
Little Kicks

5pm-545pm  
Beginners

545pm-630pm  
Green Belt & Up

630m-715pm  
Black Belts Only

715pm-8pm  
Competition Team

## TUESDAY - FORMS

430pm-5pm  
Little Kicks

5pm-545pm  
Beginners

545pm-630pm  
Green Belt & Up

630pm-715pm  
Teens & Adults

## WEDNESDAY - SPARRING

430pm-5pm  
Little Kicks

5pm-545pm  
Beginners

545pm-645pm  
Green Belt & Up

645pm-715pm  
Point Sparring(Green & Up)

715pm-8pm  
Competition Team

## THURSDAY - SPARRING

430pm-5pm  
Little Kicks

5pm-545pm  
Beginners

545pm-645pm  
Green Belt & Up

645pm - 745pm  
Teens & Adults

## FRIDAY

430pm-5pm  
Tot Kwon Do

5pm-545pm  
All Ranks 7 & Up

## SATURDAY