

TAEKWONDO

TRAINING SCHEDULE

MONDAY - FORMS

430pm-5pm
6 & 7 year olds

5pm-545pm
Beginners

545pm-630pm
Green Belt & Up

630m-715pm
Black Belts Only

715pm-8pm
Team Sparring

TUESDAY - FORMS

430pm-5pm
6 & 7 year olds

5pm-545pm
Beginners

545pm-630pm
Green Belt & Up

630pm-715pm
Team Sparring

715pm-8pm
Teens & Adults
13 & Up

WEDNESDAY - SPARRING

430pm-5pm
6 & 7 year olds

5pm-545pm
Beginners

545pm-630pm
Green Belt & Up

630pm-715pm
Point Sparring
(Green & Up)

715pm-8pm
Team Forms

THURSDAY - SPARRING

430pm-5pm
6 & 7 year olds

5pm-545pm
Beginners

545pm-630pm
Green Belt & Up

630pm-715pm
Team Forms

715pm-8pm
Teens & Adults
13 & Up

FRIDAY - EXTRA

430pm-5pm
4 & 5 year olds

5pm-545pm
All Ranks 8 & Up

545pm-630pm
Team Point Sparring