

TAEKWONDO TRAINING SCHEDULE

MONDAY - FORMS

430pm-5pm 5pm-545pm
Little Kicks Beginners

545pm-630pm
Inter, Adv, & Black Belt

630m-715pm
Black Belts Only

715pm-8pm
Tournament Sparring

TUESDAY - FORMS

430pm-5pm 5pm-545pm
Little Kicks Beginners

545pm-630pm
Inter, Adv, & Black Belt

630pm-715pm
Teens & Adults Only

WEDNESDAY - SPARRING

430pm-5pm 5pm-545pm
Little Kicks Beginners

545pm-645pm
Inter, Adv, & Black Belt

645pm-715pm
Weapons

715pm-8pm
Tournament Forms

THURSDAY - SPARRING

430pm-5pm 5pm-545pm
Little Kicks Beginners

545pm-645pm
Inter, Adv, & Black Belt

645pm-745pm
Teens & Adults Only

FRIDAY - EXTRA TRAINING

430pm-5pm
Tot Kwon Do

5pm-545pm
Forms (7 & Up)