



## PROGRAM SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:00PM-6:00PM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	9:15AM-9:45AM MUSKETEERS ALL BELTS REC SPARRING	<b>NINJA PARTIES</b>  <b>PRIVATE LESSONS</b>  <b>BOOK YOURS TODAY!</b>  <b>SEE THE FRONT DESK FOR DETAILS</b>
6:15PM-6:45PM	MUSKETEERS White – Green Stripe 4-6 YEARS	MUSKETEERS Blue Stripe - Black Stripe 4-6 YEARS	MUSKETEERS White – Green Stripe 4-6 YEARS	MUSKETEERS Blue Stripe - Black Stripe 4-6 YEARS	6:15PM-7:00PM POOMSAE FORMS 1-4	9:45AM-10:30AM BEGINNERS WHITE – YELLOW GREEN STRIPE ALL AGES	
6:45PM-7:30PM	6:45PM-7:45PM SPARRING BEGINNERS	BEGINNERS White – Yellow Green Stripe	6:45PM-7:45PM SPARRING ADVANCED	BEGINNERS White – Yellow Green Stripe	7:00PM-7:45PM POOMSAE FORMS 5-8	10:30AM-11:15AM ADVANCED GREEN BELT + ALL AGES	
7:30PM-8:15PM	7:45PM-9:00PM HIGH PERFORMANCE SPARRING	ADVANCED GREEN BELT +	7:45PM-9:00PM HIGH PERFORMANCE SPARRING	ADVANCED GREEN BELT +	7:45PM-9:00PM HIGH PERFORMANCE POOMSAE	11:30AM-1:00PM HIGH PERFORMANCE SPARRING	
8:15PM-9:00PM	9:00PM-10:00PM CARDIO KICKBOXING	TEENS & ADULTS (ALL BELTS)	9:00PM-10:00PM CARDIO KICKBOXING	TEENS & ADULTS (ALL BELTS)	9:00PM-10:00PM CARDIO KICKBOXING	1:00PM – 1:30PM LEADERSHIP INSTRUCTOR TRAINING	

 AFTER-SCHOOL TAEKWONDO 4:00PM-4:45 PM

 HIGH PERFORMANCE (black belt / invite only)

 SPARRING GEAR REQUIRED (trial membership exception)

 LEADERSHIP/INSTRUCTOR TRAINING (invite only)

1580 Kingston Road. Scarborough, ON M1N 1S2 - (P) 416-686-2829 - (E) info@royaltaekwondo.com

**WWW.ROYALTAEKWONDO.CA**