



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	8:30AM-9:15AM LEADERSHIP * 2ND & 4TH SATURDAY	NINJA PARTIES PRIVATE LESSONS! BOOK YOURS TODAY! SEE THE FRONT DESK FOR DETAILS
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 OR NUNCHUCK	9:15AM-9:45AM MUSKETEERS ALL BELTS REC SPARRING	
6:45PM-7:30PM	6:45PM-7:45PM ALL BELTS SPARRING	BEGINNERS White – Yellow Green Stripe	6:45PM-7:45PM ALL BELTS SPARRING	BEGINNERS White – Yellow Green Stripe	7:00PM-7:45PM POOMSAE FORMS 5-8 OR NUNCHUCK	9:45AM-10:30AM BEGINNERS WHITE – YELLOW GREEN STRIPE 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 +JR HIGH PERFORMANCE	10:30AM-11:15 AM ADVANCED GREEN BELT + ALL AGES	
8:15PM-9:00PM		TEENS & FAMILY (ALL BELTS)		TEENS & FAMILY (ALL BELTS)		11:30AM-1:00PM HIGH PERFORMANCE + JR HIGH PERFORMANCE	

AFTER-SCHOOL TAEKWONDO: 4:15PM-4:45 PM/4:45PM-5:30PM | HIGH PERFORMANCE (black belt / invite only) SPARRING GEAR REQUIRED (trial membership exception) | LEADERSHIP/INSTRUCTOR TRAINING (invite only)

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