

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
12:30p to 1:15p		Adult Taekwondo		Adult Taekwondo		9:15a to 9:45a	Kids' Program (Kids 4-5)
2:00p to 3:30p	Private Lessons <i>By appointment</i>	Private Lessons <i>By appointment</i>	Private Lessons <i>By appointment</i>	Private Lessons <i>By appointment</i>	Private Lessons <i>By appointment</i>	9:45a to 10:30a	Juniors' Program Green / Blue
3:30p to 4:00p		Kids' Program (Kids 4-5)	Kids' Program (Kids 4-5)	Kids' Program (Kids 4-5)	Kids' Program (Kids 4-5)	10:30a to 11:15a	Juniors' Program Red / Black
4:00p to 4:45p	Juniors' Program White & Yellow	Juniors' Program Green / Blue Red / Black	Juniors' Program White & Yellow	Juniors' Program Green / Blue Red / Black	Juniors' Program White / Yellow Green / Blue Red / Black	11:15a to 12:00p	Juniors' Program White & Yellow
5:00p to 5:45p	Juniors' Program Green / Blue Red / Black	Juniors' Program White & Yellow	Juniors' Program Green / Blue Red / Black	Juniors' Program White & Yellow	Juniors' Program Light Sparring	12:00p to 1:00p	Adult Taekwondo
5:45p to 6:30p	Teens (Young Adults)	Juniors & Adults Competition Sparring					
6:30p to 7:30p	Adult Taekwondo	Adult Taekwondo	Adult Taekwondo	Adult Taekwondo	6:00p to 6:45p Adult Taekwondo		