

# TAEKWONDO CLASS SCHEDULE (effective October 2, 2023)

TAEKWON KIDS & TAM CENTER (Oct. 2023)											
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT
	TKK	TAMC	TKK	TAMC	TKK	TAMC	TKK	TAMC	TKK	TAMC	TAMC
3:15 PM	3:15 - 3:45 WHITE & YELLOW 4 - 6 YRS	3:15 - 3:45 ADAPTIVE	3:15 - 3:45 WHITE & YELLOW 4 - 6 YRS	3:15 - 3:45 ADAPTIVE	3:15 - 3:45 WHITE & YELLOW 4 - 6 YRS	3:15 - 3:45 ADAPTIVE	3:15 - 3:45 WHITE & YELLOW 4 - 6 YRS	3:15 - 3:45 ADAPTIVE	3:15 - 3:45 WHITE & YELLOW 4 - 6 YRS	3:15 - 3:45 ADAPTIVE	
3:30 PM											9:30 AM
4:00 PM	3:45 - 4:30 WHITE YELLOW 7+ YRS	3:45 - 4:30 ORANGE GREEN	3:45 - 4:30 WHITE YELLOW 7+ YRS	3:45 - 4:30 ORANGE GREEN	3:45 - 4:30 WHITE YELLOW 7+ YRS	3:45 - 4:30 ORANGE GREEN	3:45 - 4:30 WHITE YELLOW 7+ YRS	3:45 - 4:30 ORANGE GREEN	3:45 - 4:30 WHITE YELLOW 7+ YRS	4:00 - 5:00 SPARRING 7+ YRS	10:00 AM
4:30 PM	4:30 - 5:15 RED & RED SR "BROWN"	4:30 - 5:15 BLUE PURPLE	4:30 - 5:15 RED RED SR	4:30 - 5:15 BLUE PURPLE	4:30 - 5:15 RED & RED SR "BROWN"	4:30 - 5:15 BLUE PURPLE	4:30 - 5:15 RED RED SR	4:30 - 5:15 BLUE PURPLE	4:30 - 5:15 LEADERSHIP		10:00 - 11:15 JUDO
5:00 PM											11:00 AM
5:30 PM	5:15 - 5:45 WHITE & YELLOW 4 - 6 YRS	5:15 - 6:00 JUDO KIDS 6 - 11 YRS	5:15 - 5:45 WHITE & YELLOW 4 - 6 YRS	5:15 - 6:00 ORANGE GREEN	5:15 - 5:45 WHITE & YELLOW 4 - 6 YRS	5:15 - 6:00 JUDO KIDS 6 - 11 YRS	5:15 - 5:45 WHITE & YELLOW 4 - 6 YRS	5:15 - 6:00 ORANGE GREEN	5:15 - 6:30 POOMSAE TEAM (ALL BELTS)	5:00 - 6:30 SPARRING TEAM	
6:00 PM	5:45 - 6:30 WHITE YELLOW 7+ YRS	6:00 - 6:45 ORANGE GREEN	5:45 - 6:30 BLUE PURPLE	6:00 - 6:45 RED RED SR	5:45 - 6:30 WHITE YELLOW 7+ YRS	6:00 - 6:45 ORANGE GREEN	5:45 - 6:30 BLUE PURPLE	6:00 - 6:45 RED RED SR			
6:30 PM	6:30 - 7:15 BLUE PURPLE	6:45 - 7:45 POOMSAE TEAM (BLACK BELTS)	6:30 - 7:15 WHITE YELLOW 7+ YRS	6:45 - 7:30 BROWN	6:30 - 7:15 BLUE PURPLE	6:45 - 7:45 POOMSAE TEAM (COLOR BELTS)	6:30 - 7:15 WHITE YELLOW 7+ YRS	6:45 - 7:30 BROWN	6:40 - 8:40 DEMO TEAM	7:00 - 8:30 JUDO COMPETITION TEAM	
7:00 PM	7:15 - 8:00 RED & RED SR "BROWN"		7:15 - 8:00 BLACK	7:30 - 8:45 SPARRING TEAM	7:15 - 8:00 RED & RED SR "BROWN"		7:15 - 8:00 BLACK				
7:30 PM											
8:00 PM	8:00 - 8:45 BLACK	7:45 - 8:45 JUDO TEEN & ADULT	8:00 - 8:45 TEEN & ADULT		8:00 - 8:45 BLACK	7:45 - 8:45 JUDO TEEN & ADULT	8:00 - 8:45 TEEN & ADULT	7:30 - 8:45 SPARRING TEAM			
8:30 PM											

TAEKWONDO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
White & Yellow (4-6 Year Olds)	3:15 - 3:45 (TKK)	3:15 - 3:45 (TKK)	3:15 - 3:45 (TKK)	3:15 - 3:45 (TKK)	3:15 - 3:45 (TKK)
	5:15 - 5:45 (TKK)	5:15 - 5:45 (TKK)	5:15 - 5:45 (TKK)	5:15 - 5:45 (TKK)	
White & Yellow	3:45 - 4:30 (TKK)	3:45 - 4:30 (TKK)	3:45 - 4:30 (TKK)	3:45 - 4:30 (TKK)	3:45 - 4:30 (TKK)
	5:45 - 6:30 (TKK)	6:30 - 7:15 (TKK)	5:45 - 6:30 (TKK)	6:30 - 7:15 (TKK)	-
Orange & Green	3:45 - 4:30 (TAMC)	3:45 - 4:30 (TAMC)	3:45 - 4:30 (TAMC)	3:45 - 4:30 (TAMC)	-
	6:00 - 6:45 (TAMC)	5:15 - 6:00 (TAMC)	6:00 - 6:45 (TAMC)	5:15 - 6:00 (TAMC)	-
Blue & Purple	4:30 - 5:15 (TAMC)	4:30 - 5:15 (TAMC)	4:30 - 5:15 (TAMC)	4:30 - 5:15 (TAMC)	Sparring 4:00 - 5:00 (TAMC)
	6:30 - 7:15 (TKK)	5:45 - 6:30 (TKK)	6:30 - 7:15 (TKK)	5:45 - 6:30 (TKK)	
Red & Red Senior	4:30 - 5:15 (TKK)	4:30 - 5:15 (TKK)	4:30 - 5:15 (TKK)	4:30 - 5:15 (TKK)	Sparring 4:00 - 5:00 (TAMC)
	7:15 - 8:00 (TKK)	6:00 - 6:45 (TAMC)	7:15 - 8:00 (TKK)	6:00 - 6:45 (TAMC)	
Brown	4:30 - 5:15 (TKK)	6:45 - 7:30 (TAMC)	4:30 - 5:15 (TKK)	6:45 - 7:30 (TAMC)	Sparring 4:00 - 5:00 (TAMC)
	7:15 - 8:00 (TKK)		7:15 - 8:00 (TKK)		
Black	8:00 - 8:45 (TKK)	7:15 - 8:00 (TKK)	8:00 - 8:45 (TKK)	7:15 - 8:00 (TKK)	Leadership Team 4:30 - 5:15 (TKK)
Sparring (7 Year Olds and Up)	-	-	-	-	4:00 - 5:00 (TAMC)
Teen & Adults	-	8:00 - 8:45 (TKK)	-	8:00 - 8:45 (TKK)	-