



# ELITE MARTIAL ARTS TAEKWONDO SCHEDULE

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Effective September 11, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11:00-12:00 <i>Adult/JR Taekwondo</i>		11:00-12:00 <i>Adult/JR Taekwondo</i>		10:00 - 11:00 <i>TKD Class ALL LEVELS</i>
5:30-6:00 <i>Lil Dragons</i>	5:30-6:30 <i>Advanced Taekwondo</i>	5:30-6:00 <i>Lil Dragons</i>	5:30-6:30 <i>Advanced Taekwondo</i>	5:30-6:00 <i>Lil Dragons</i>	11:00 - 12:00 <i>Sparring Training</i>
(Reservation only) <i>Private Lessons</i>	6:30 - 7:30	(Reservation only) <i>Private Lessons</i>	6:30 - 7:30	5:30-6:30 <i>TKD Class ALL LEVELS</i>	12:00 - 1:00 <i>Competition Team Practice</i>
6:00-7:00 <i>Child Beginner Taekwondo</i>	<i>Beginner Taekwondo</i>	6:00-7:00 <i>Child Beginner Taekwondo</i>	<i>Beginner Taekwondo</i>	6:30 - 7:30 <i>Competition Team Practice</i>	
<i>Child Advanced Taekwondo</i>		<i>Child Advanced Taekwondo</i>		7:30-8:00 <i>TKD Instructor Training</i>	
7:00-8:00 <i>Adult/JR Taekwondo</i>		7:00-8:00 <i>Adult/JR Taekwondo Black Belt Class</i>			

### Taekwondo Classes

- \*Lil Dragons - Taekwondo for 4 to 6 years old
- \*Child Beginner Taekwondo - White to Green-Stripe Belts, Ages 7 to 11
- \*Child Advanced Taekwondo - Green Belts and up, Ages 7 to 11
- \*Beginner Taekwondo - White to Green-Stripe Belts, Ages 7 and up
- \*Advanced Taekwondo - Green Belts and up, Ages 7 and up
- \*Adult/Jr Taekwondo - ALL Belt Levels, 12 yrs and up
- \*TKD Sparring Club - Half-Yellow Belts and up, Ages 7 and up
  
- \*Competition Team - Poomsae/Sparring for all ages (invite only)
- \*Private Lessons - Taekwondo/BJJ with Certified Black Belt Instructor  
(Reservation Required)

**Instructor Reserves the right to change scheduled classes to meet students' needs**