



ELITE MARTIAL ARTS TAEKWONDO SCHEDULE

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Effective October 1st, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11:00-12:00 <i>Adult Taekwondo</i>		11:00-12:00 <i>Adult Taekwondo</i>		10:00-11:00 <i>TKD Class ALL LEVELS</i>
5:30-6:00 <i>Lil Dragons</i>	5:00-5:30 <i>Lil Dragons</i>	5:30-6:00 <i>Lil Dragons</i>	5:00-5:30 <i>Lil Dragons</i>		11:00-12:00 <i>Sparring Club</i>
5:30-6:30 <i>Child Beginner Taekwondo</i>	5:30-6:30 <i>Advanced Taekwondo</i>	5:30-6:30 <i>Child Beginner Taekwondo</i>	5:30-6:30 <i>Advanced Taekwondo</i>	5:30-6:30 <i>TKD Class ALL LEVELS</i>	<i>Black Belt Competition Team</i>
6:30-7:30 <i>Child Advanced Taekwondo</i>	Adult Beginner Taekwondo 6:30 - 7:30 <i>Child Beginner Taekwondo</i>	6:30-7:30 <i>Child Advanced Taekwondo</i>	Adult Beginner Taekwondo 6:30 - 7:30 <i>Child Beginner Taekwondo</i>	6:30-7:30 <i>Black Belt Preparation</i>	
7:30-8:30 <i>Adult/Jr Taekwondo</i>	Competition Team 7:30 - 8:30 <i>Black Belt Poomsae</i>	7:30-8:30 <i>Adult/Jr Taekwondo</i>	Competition Team 7:30 - 8:30 <i>Black Belt Training</i>		

***Private Lessons (30 min sessions) Open Upon Availability -- Inquire at Front Desk*

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
- *Black Belt Class - Reserved for Black Belts, Ages 7 and up
- *TKD Class ALL LEVELS - ALL Belt Levels, 7 yrs and up

*Private Lessons - Taekwondo/BJJ with Certified Black Belt Instructor
(Reservation Required)

Instructor reserves the right to change scheduled classes to meet students' needs