



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:10 – 5:40 PM	LITTLE DRAGONS PURPLE INT & UP CURRICULUM	LITTLE DRAGONS WHITE - PURPLE CURRICULUM	LITTLE DRAGONS ALL BELTS SPARRING DRILLS	LITTLE DRAGONS ALL BELTS CURRICULUM		9:00 AM – 9:55 AM LEADERSHIP Application only	BOOK A PRIVATE LESSON! 
5:45 – 6:25 PM	TAEKWONDO WHITE - ORANGE CURRICULUM	TAEKWONDO WHITE - YELLOW CURRICULUM	TAEKWONDO WHITE – ORANGE INT SPARRING DRILLS	TAEKWONDO WHITE – YELLOW CURRICULUM	TAEKWONDO WHITE - ORANGE FORMS	10:00 AM – 10:30 AM LITTLE DRAGONS ALL BELTS CURRICULUM	
6:30 – 7:10 PM	TAEKWONDO ORANGE INT - GREEN INT CURRICULUM	XSD PARKOUR LEVEL 0 – 1 7 – 11 YEARS	TAEKWONDO GREEN - BLUE INT SPARRING DRILLS	XSD ACRO LEVEL 0 – 1 7 – 11 YEARS	TAEKWONDO ORANGE INT - GREEN INT FORMS	10:35 AM – 11:15 AM TAEKWONDO WHITE – GREEN INT TECHNIQUE/DRILLS	NOW OFFERING NINJA BIRTHDAY PARTIES!
7:15 – 7:55 PM	TAEKWONDO BLUE – RED CURRICULUM	XSD PARKOUR LEVEL 2 + 7 -11 YEARS	TAEKWONDO SPARRING RED – BLACK SPARRING DRILLS	XSD ACRO LEVEL 2 + 7 -11 YEARS	TAEKWONDO BLUE – RED FORMS	11:20 AM – 12:00 PM TAEKWONDO BLUE – BLACK TECHNIQUE/DRILLS	
8:00 – 8:40 PM	BLACK BELT ACADEMY RED INT - BLACK CURRICULUM	XSD PARKOUR ALL LEVELS 12 + YEARS		XSD ACRO ALL LEVELS 12 + YEARS	BLACK BELT ACADEMY RED INT - BLACK FORMS	12:05 PM – 12:45 PM XSD ALL LEVELS ALL AGES	BOOK YOUR PARTY WITH US!

- **Note** – Please arrive in the waiting room on time for classes!
- All GREY shaded classes will be ONLINE on ZOOM

Schedule effective January 5th, 2022