



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:20 – 4:50 PM	<b>LITTLE DRAGONS</b> PURPLE INT & UP CURRICULUM		<b>LITTLE DRAGONS</b> PURPLE INT & UP SPARRING			9:00 AM – 9:50 AM <b>LEADERSHIP</b> Application only	BOOK A PRIVATE LESSON! 
5:00 – 5:40 PM	<b>TAEKWONDO</b> <b>ORANGE –</b> <b>ORANGE INT</b> CURRICULUM	5:10 PM – 5:40 PM <b>LITTLE DRAGONS</b> <b>WHITE - PURPLE</b> CURRICULUM	<b>TAEKWONDO</b> <b>YELLOW –</b> <b>ORANGE INT</b> SPARRING DRILLS	5:10 PM – 5:40 PM <b>LITTLE DRAGONS</b> <b>WHITE - PURPLE</b> SPARRING DRILLS	<b>TAEKWONDO</b> <b>WHITE –</b> <b>ORANGE INT</b> FORMS	10:00 AM – 10:30 AM <b>LITTLE DRAGONS</b> <b>ALL BELTS</b> CURRICULUM	
5:50– 6:30 PM	<b>TAEKWONDO</b> <b>GREEN – GREEN INT</b> CURRICULUM	<b>TAEKWONDO</b> <b>WHITE - YELLOW</b> CURRICULUM	<b>TAEKWONDO</b> <b>GREEN – GREEN INT</b> SPARRING	<b>TAEKWONDO</b> <b>WHITE – YELLOW</b> FORMS	<b>TAEKWONDO</b> <b>GREEN – GREEN INT</b> FORMS	10:40 AM – 11:20 AM <b>TAEKWONDO</b> <b>WHITE – GREEN INT</b> TECHNIQUE/CONDITIONING	NOW OFFERING NINJA BIRTHDAY PARTIES! 
6:40– 7:20 PM	<b>TAEKWONDO</b> <b>BLUE – BLUE INT</b> CURRICULUM	<b>XSD PARKOUR</b> LEVEL 0 – 1 7 – 11 YEARS	<b>TAEKWONDO</b> <b>BLUE – BLUE INT</b> SPARRING	<b>XSD ACRO</b> LEVEL 0 – 1 7 – 11 YEARS	<b>TAEKWONDO</b> <b>BLUE – BLUE INT</b> FORMS	11:30 AM – 12:10 PM <b>TAEKWONDO</b> <b>BLUE – BLACK</b> SPARRING/CONDITIONING	
7:30– 8:10 PM	<b>TAEKWONDO</b> <b>RED – RED INT</b> CURRICULUM	<b>XSD PARKOUR</b> LEVEL 2 + 7 -11 YEARS	<b>TAEKWONDO</b> <b>RED – RED INT</b> SPARRING	<b>XSD ACRO</b> LEVEL 2 + 7 -11 YEARS	<b>TAEKWONDO</b> <b>RED – RED INT</b> FORMS	12:20 PM – 1:00 PM <b>XSD</b> ALL LEVELS ALL AGES	
8:20– 9:00 PM	<b>TAEKWONDO</b> <b>BLACK BELT</b> <b>ACADMEY</b> CURRICULUM	<b>XSD PARKOUR</b> ALL LEVELS 12 + YEARS	<b>TAEKWONDO</b> <b>BLACK BELT</b> <b>ACADMEY</b> SPARRING	<b>XSD ACRO</b> ALL LEVELS 12 + YEARS  <b>TKD HP</b> <b>SPARRING</b> 8:20 PM – 9:20 PM	<b>TAEKWONDO</b> <b>BLACK BELT</b> <b>ACADMEY</b> FORMS	<b>ALL GREY SHADED</b> <b>CLASSES WILL LIVE ON</b> <b>ZOOM AND IN-PERSON!</b>	BOOK YOUR PARTY WITH US!

**Note** – Please arrive on time for classes!

– All GREY shaded classes will be IN-SCHOOL and LIVE on ZOOM

Schedule effective July 19, 2021