



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

Note – Please arrive on time for classes!

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

Schedule effective September 7th, 2021