



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 DRILLS			9:00 AM – 9:50 AM <b>LEADERSHIP</b> Application only	BOOK A PRIVATE LESSON! 
5:00 – 5:40 PM	<b>TAEKWONDO ORANGE – ORANGE INT</b> CURRICULUM	5:10 PM – 5:40 PM <b>LITTLE DRAGONS</b> WHITE - PURPLE CURRICULUM	<b>TAEKWONDO YELLOW – ORANGE INT</b> SPARRING DRILLS	5:10 PM – 5:40 PM <b>LITTLE DRAGONS</b> WHITE - PURPLE SPARRING DRILLS	<b>TAEKWONDO ORANGE – ORANGE INT</b> FORMS	10:00 AM – 10:30 AM <b>LITTLE DRAGONS</b> ALL BELTS CURRICULUM	
5:50 – 6:30 PM	<b>TAEKWONDO GREEN – GREEN INT</b> CURRICULUM	<b>TAEKWONDO WHITE - YELLOW</b> CURRICULUM	<b>TAEKWONDO GREEN – GREEN INT</b> SPARRING DRILLS	<b>TAEKWONDO WHITE – YELLOW</b> FORMS	<b>TAEKWONDO GREEN – GREEN INT</b> FORMS	10:40 AM – 11:20 AM <b>TAEKWONDO WHITE – GREEN INT</b> TECHNIQUE/CONDITIONING	NOW OFFERING NINJA BIRTHDAY PARTIES!
6:40 – 7:20 PM	<b>TAEKWONDO BLUE – BLUE INT</b> CURRICULUM	<b>XSD PARKOUR</b> LEVEL 0 – 1 7 – 11 YEARS	<b>TAEKWONDO BLUE – BLUE INT</b> SPARRING DRILLS	<b>XSD ACRO</b> LEVEL 0 – 1 7 – 11 YEARS	<b>TAEKWONDO BLUE – BLUE INT</b> FORMS	11:30 AM – 12:10 PM <b>TAEKWONDO BLUE – BLACK</b> TECHNIQUE/CONDITIONING	
7:30 – 8:10 PM	<b>TAEKWONDO RED – BLACK</b> CURRICULUM	<b>XSD PARKOUR</b> LEVEL 2 + 7 -11 YEARS	<b>TAEKWONDO RED – BLACK</b> SPARRING DRILLS	<b>XSD ACRO</b> LEVEL 2 + 7 -11 YEARS	<b>TAEKWONDO RED – BLACK</b> FORMS	12:20 PM – 1:00 PM <b>XSD</b> LEVEL 0-1 ALL AGES	
8:20 – 9:00 PM	<b>TAEKWONDO HIGH PERFORMANCE SPARRING</b>  8:20 PM – 9:20 PM	<b>XSD PARKOUR</b> ALL LEVELS 12 + YEARS	<b>XSD HIGH PERFORMANCE</b>  8:20 PM – 9:20 PM	<b>XSD ACRO</b> ALL LEVELS 12 + YEARS	<b>ALL GREY SHADED CLASSES WILL BE LIVE ON ZOOM!</b>		BOOK YOUR PARTY WITH US!

**Note** – Please arrive on time for classes! Please use the SPARK MEMBER APP to sign into your classes  
– All GREY shaded classes will be broadcasted LIVE on ZOOM

Schedule effective September 7, 2020