



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 – 5:45 PM	LITTLE DRAGONS ALL BELTS	LITTLE DRAGONS ALL BELTS	LITTLE DRAGONS ALL BELTS	LITTLE DRAGONS ALL BELTS		9:00 AM – 9:55 AM LEADERSHIP	BOOK A PRIVATE LESSON! 
5:45– 6:30 PM	TAEKWONDO WHITE – ORANGE  5:45 PM – 6:15 PM XSD LITTLE NINJAS AGES 4-6	TAEKWONDO PERFORMANCE WEAPONS/TRICK KICKS  ALL BELTS	TAEKWONDO WHITE – ORANGE  5:45 PM – 6:15 PM XSD LITTLE NINJAS AGES 4-6	TAEKWONDO ORANGE – GREEN INT	TAEKWONDO WHITE – ORANGE	10:00 AM – 10:30 AM LITTLE DRAGONS ALL BELTS	
6:30– 7:15 PM	TAEKWONDO ORANGE INT - GREEN INT	TAEKWONDO WHITE – YELLOW	TAEKWONDO ORANGE INT - GREEN INT	TAEKWONDO WHITE – YELLOW	TAEKWONDO ORANGE INT - GREEN INT	10:30 AM – 11:15 AM TAEKWONDO ALL BELTS	NOW OFFERING NINJA BIRTHDAY PARTIES!  
	XSD KIDS BEGINNER AGES 7-12		XSD KIDS BEGINNER AGES 7-12	XSD KIDS ALL LEVELS AGES 7-12		10:30 AM – 11:00 AM XSD LITTLE NINJAS ALL LEVELS	
7:15– 8:00 PM	TAEKWONDO BLUE– BLACK	7:15 pm – 8:15 pm TAEKWONDO SPARRING  ALL BELTS	TAEKWONDO BLUE– BLACK	7:15 PM – 8:15 PM TAEKWONDO SPARRING BLUE – BLACK	TAEKWONDO BLUE– BLACK	11:15 AM – 12:15 AM TAEKWONDO SPARRING ALL BELTS	BOOK YOUR PARTY WITH US!
	XSD KIDS INT/ADV AGES 7-12		XSD KIDS INT/ADV AGES 7-12	XSD TEENS/ADULTS ALL LEVELS AGES 13+			
8:00 – 8:45 PM	XSD TEENS/ADULTS ALL LEVELS AGES 13 +	8:15 PM – 9:00 PM TAEKWONDO TEENS/ADULTS ALL BELTS	XSD TEENS/ADULTS ALL LEVELS AGES 13 +	8:15 PM – 9:00 PM TAEKWONDO TEENS/ADULTS ALL BELTS	TAEKWONDO TEENS/ADULTS ALL BELTS	12:15 PM – 1:00 PM XSD ALL LEVELS AGES 7 +	

- **Note** – Please arrive on time for classes!
- **Blue shaded** classes are for Performance and Extreme Members only

**Schedule effective July 1<sup>st</sup>, 2022**  
Ryouko Martial Arts Durham  
1410 Bayly St #1, Pickering