

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 TECHNIQUE/DRILLS	LITTLE DRAGONS ALL BELTS CURRICULUM	LITTLE DRAGONS ALL BELTS SPARRING/DRILLS	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 TECHNIQUE/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 AGES 7-11	6:30 PM – 7:25 PM TKD SPARRING WHITE - BLUE INT (Online class option)	XSD ACRO LEVEL 0-1 AGES 7-11	TAEKWONDO ORANGE INT - GREEN INT FORMS	10:35 AM – 11:15 AM TAEKWONDO ALL BELTS TECHNIQUE/DRILLS	NOW OFFERING NINJA BIRTHDAY PARTIES!
7:15 – 7:55 PM	TAEKWONDO BLUE – RED CURRICULUM	XSD PARKOUR LEVEL 2 + / AGES 7-11	7:30 PM – 8:30 PM TKD SPARRING	XSD ACRO LEVEL 2 + / 7 -11 YEARS	TAEKWONDO BLUE – RED FORMS	11:20 AM – 12:15 PM TKD SPARRING ALL BELTS (In class only)	
		TAEKWONDO ORANGE – GREEN INT TECHNIQUE/ DRILLS	RED – BLACK (Online class option)	TAEKWONDO ORANGE – GREEN INT CURRICULUM			
8:00 – 8:40 PM	BLACK BELT ACADEMY RED INT - BLACK CURRICULUM	XSD PARKOUR ALL LEVELS/AGES 12 +		XSD ACRO ALL LEVELS/AGES 12 +	BLACK BELT ACADEMY RED INT - BLACK FORMS	12:20 PM – 1:00 PM XSD ALL LEVELS ALL AGES	BOOK YOUR PARTY WITH US!
		TAEKWONDO TEENS & ADULTS ALL BELTS		8:00 PM – 9:15 PM TKD HP SPARRING (Invite only)			
		TAEKWONDO BLUE - BLACK					

- **Note** – Please arrive on time for classes!
- All GREY shaded classes will be IN-SCHOOL and ONLINE on ZOOM
- Blue shaded Sparring classes are for Performance/Extreme Program Members only

Schedule effective July 1st, 2022

Ryouko Martial Arts Scarborough
91 Rylander Blvd Unit 1-21, Scarborough