



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 – 5:45 PM	<b>LITTLE DRAGONS</b> <b>PURPLE INT &amp; UP</b> CURRICULUM AGES 4-6	<b>LITTLE DRAGONS</b> <b>WHITE - PURPLE</b> CURRICULUM AGES 4-6	<b>LITTLE DRAGONS</b> <b>ALL BELTS</b> TECHNIQUE/DRILLS AGES 4-6	<b>LITTLE DRAGONS</b> <b>ALL BELTS</b> CURRICULUM AGES 4-6	<b>LITTLE DRAGONS</b> <b>ALL BELTS</b> SPARRING/DRILLS AGES 4-6	9:00 AM – 10:00 AM <b>LEADERSHIP</b> Application only	<p>BOOK A PRIVATE LESSON!</p>  <p>NOW OFFERING NINJA BIRTHDAY PARTIES!</p>  <p>BOOK YOUR PARTY WITH US!</p>
5:45 – 6:30 PM	<b>TAEKWONDO</b> <b>WHITE – ORANGE</b> CURRICULUM	<b>TAEKWONDO</b> <b>WHITE – YELLOW</b> CURRICULUM  5:45 PM – 6:15 PM <b>XSD LITTLE NINJAS</b> ALL LEVELS/AGES 4-6	<b>TAEKWONDO</b> <b>WHITE – ORANGE</b> TECHNIQUE/DRILLS	<b>TAEKWONDO</b> <b>WHITE – YELLOW</b> CURRICULUM  5:45 PM – 6:15 PM <b>XSD LITTLE NINJAS</b> ALL LEVELS/AGES 4-6	<b>TAEKWONDO</b> <b>WHITE – ORANGE</b> FORMS	10:00 AM – 10:30 AM <b>LITTLE DRAGONS</b> <b>ALL BELTS</b> CURRICULUM AGES 4-6	
6:30 – 7:15 PM	<b>TAEKWONDO</b> <b>ORANGE INT – GREEN INT</b> CURRICULUM	<b>XSD KIDS</b> LEVEL 0-1 AGES 7-11	6:30 PM – 7:25 PM <b>TAEKWONDO</b> <b>SPARRING</b>  WHITE – BLUE INT	<b>XSD KIDS</b> LEVEL 0-1 AGES 7-11	<b>TAEKWONDO</b> <b>ORANGE INT – GREEN INT</b> FORMS	10:30 AM – 11:15 AM <b>TAEKWONDO</b> TECHNIQUE/DRILLS  10:30 AM – 11:00 AM <b>XSD LITTLE NINJAS</b> ALL LEVELS/AGES 4-6	
7:15 – 8:00 PM	<b>TAEKWONDO</b> <b>BLUE – RED</b> CURRICULUM	<b>XSD KIDS</b> LEVEL 2 + / AGES 7-12  <b>TAEKWONDO</b> <b>ORANGE – GREEN INT</b> TECHNIQUE/ DRILLS	7:30 PM – 8:30 PM <b>TAEKWONDO</b> <b>SPARRING</b>  RED – BLACK	<b>XSD KIDS</b> LEVEL 2 + / 7 -11 YEARS  <b>TAEKWONDO</b> <b>ORANGE – GREEN INT</b> CURRICULUM	<b>TAEKWONDO</b> <b>BLUE – RED</b> FORMS	11:15 AM – 12:15 PM <b>TAEKWONDO</b> <b>SPARRING</b>  ALL BELTS	
8:00 – 8:45 PM	<b>BLACK BELT ACADEMY</b> <b>RED INT – BLACK</b> CURRICULUM	<b>XSD TEENS/ADULTS</b> ALL LEVELS/AGES 13 +  <b>TAEKWONDO</b> <b>BLUE – BLACK</b> TECHNIQUE/DRILLS		<b>XSD TEENS/ADULTS</b> ALL LEVELS/AGES 13 +  8:00 PM – 9:00 PM <b>TAEKWONDO</b> <b>SPARRING</b> GREEN – BLACK	<b>BLACK BELT ACADEMY</b> <b>RED INT – BLACK</b> FORMS	12:15 PM – 1:00 PM <b>XSD</b> ALL LEVELS AGES 7 + YEARS	

- BEGINNER LITTLE DRAGONS/TAEKWONDO CLASSES = WHITE & ALL BELTS
- BEGINNER XSD CLASSES = LEVEL 0 & ALL LEVELS
- **TAEKWONDO** = AGES 7 +
- BLUE shaded Sparring classes are for Performance/Extreme program members only

**Effective October 1<sup>st</sup>, 2022**

Ryouko Martial Arts

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