

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 – 5:45 PM	LITTLE DRAGONS ALL BELTS AGES 4-6	LITTLE DRAGONS ALL BELTS AGES 4-6	LITTLE DRAGONS ALL BELTS AGES 4-6	LITTLE DRAGONS ALL BELTS AGES 4-6		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 ORANGE – GREEN INT	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 AGES 4-6	
6:30 – 7:15 PM	TAEKWONDO ORANGE INT - GREEN INT XSD KIDS BEGINNER/AGES 7-12	TAEKWONDO WHITE – YELLOW	TAEKWONDO ORANGE INT - GREEN INT XSD KIDS BEGINNER/AGES 7-12	TAEKWONDO WHITE – YELLOW	TAEKWONDO ORANGE INT – GREEN INT	10:30 AM – 11:15 AM TAEKWONDO ALL BELTS 10:30 AM – 11:00 AM XSD LITTLE NINJAS ALL LEVELS	NOW OFFERING NINJA BIRTHDAY PARTIES! 
7:15 – 8:00 PM	TAEKWONDO BLUE – RED XSD KIDS INT & ADV/AGES 7-12	7:15 pm – 8:15 pm TAEKWONDO SPARRING ALL BELTS	TAEKWONDO BLUE – BLACK XSD KIDS INT & ADV/AGES 7-12	7:15 PM – 8:15 PM TAEKWONDO SPARRING BLUE – BLACK	TAEKWONDO BLUE – BLACK	11:15 AM – 12:15 PM TKD SPARRING ALL BELTS	BOOK YOUR PARTY WITH US!
8:00 – 8:45 PM	TAEKWONDO RED INT – BLACK 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 + TAEKWONDO WEAPONS ALL BELTS	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 +	

- **TAEKWONDO** = 7-12 YEARS, **TEENS/ADULTS** = 13 + YEARS, **LITTLE DRAGONS/XSD NINJAS** = 4-6 YEARS
- BEGINNER LITTLE DRAGONS/TAEKWONDO CLASSES = **WHITE & ALL BELTS**
- BEGINNER LITTLE NINJA/XSD CLASSES = **LEVEL 0 & ALL LEVELS**
- Blue shaded classes are for Performance and Extreme Members only
- Full sparring gear mandatory for all sparring classes

Schedule effective January 3rd, 2023

Ryouko Martial Arts Durham
1410 Bayly St #1, Pickering