

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 – 5:45 PM	LITTLE DRAGONS PURPLE INT & UP CURRICULUM AGES 4-6	LITTLE DRAGONS ALL BELTS TECHNIQUE/DRILLS AGES 4-6	LITTLE DRAGONS WHITE - PURPLE CURRICULUM AGES 4-6	LITTLE DRAGONS ALL BELTS CURRICULUM AGES 4-6	LITTLE DRAGONS ALL BELTS SPARRING/DRILLS AGES 4-6	9:00 AM – 10:00 AM LEADERSHIP Application only	BOOK A PRIVATE LESSON!  NOW OFFERING NINJA BIRTHDAY PARTIES!  BOOK YOUR PARTY WITH US!
5:45 – 6:30 PM	TAEKWONDO WHITE – ORANGE CURRICULUM	TAEKWONDO WHITE – YELLOW CURRICULUM 5:45 PM – 6:15 PM XSD LITTLE NINJAS ALL LEVELS/AGES 4-6	TAEKWONDO WHITE – ORANGE TECHNIQUE/DRILLS	TAEKWONDO WHITE – YELLOW CURRICULUM 5:45 PM – 6:15 PM XSD LITTLE NINJAS ALL LEVELS/AGES 4-6	TAEKWONDO WHITE – ORANGE FORMS	10:00 AM – 10:30 AM LITTLE DRAGONS ALL BELTS CURRICULUM AGES 4-6	
6:30 – 7:15 PM	TAEKWONDO ORANGE INT – GREEN INT CURRICULUM	XSD KIDS LEVEL 0-1 AGES 7-12	6:30 PM – 7:25 PM TAEKWONDO SPARRING WHITE – BLUE INT	XSD KIDS LEVEL 0-1 AGES 7-12	TAEKWONDO ORANGE INT – GREEN INT FORMS	10:30 AM – 11:15 AM TAEKWONDO TECHNIQUE/DRILLS 10:30 AM – 11:00 AM XSD LITTLE NINJAS ALL LEVELS/AGES 4-6	
7:15 – 8:00 PM	TAEKWONDO BLUE – RED CURRICULUM	XSD KIDS LEVEL 2 + / AGES 7-12 TAEKWONDO ORANGE – GREEN INT TECHNIQUE/ DRILLS	7:30 PM – 8:30 PM TAEKWONDO SPARRING RED – BLACK	XSD KIDS LEVEL 2 + / 7 -12 YEARS TAEKWONDO ORANGE – GREEN INT CURRICULUM	TAEKWONDO BLUE – RED FORMS	11:15 AM – 12:15 PM TAEKWONDO SPARRING ALL BELTS	
8:00 – 8:45 PM	BLACK BELT ACADEMY RED INT – BLACK CURRICULUM	XSD TEENS/ADULTS ALL LEVELS/AGES 13 + TAEKWONDO BLUE – BLACK TECHNIQUE/DRILLS		XSD TEENS/ADULTS ALL LEVELS/AGES 13 + 8:00 PM – 9:00 PM TAEKWONDO SPARRING GREEN – BLACK	BLACK BELT ACADEMY RED INT – BLACK FORMS	12:15 PM – 1:00 PM XSD 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 January 3rd, 2023

Ryouko Martial Arts

91 Rylander Blvd #1-21, Scarborough