



| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--|---|--|---|---|--|
| 5:15 – 5:45 PM | LITTLE DRAGONS ALL BELTS 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 | <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 | TAEKWONDO WHITE – ORANGE CURRICULUM | TAEKWONDO WHITE – ORANGE CURRICULUM | TAEKWONDO WHITE – ORANGE TECHNIQUE/DRILLS | TAEKWONDO WHITE – ORANGE CURRICULUM | 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 | |
| 7:15 – 8:00 PM | TAEKWONDO BLUE – RED CURRICULUM | XSD KIDS LEVEL 2 + / AGES 7-12 | 7:30 PM – 8:30 PM TAEKWONDO SPARRING RED – BLACK | XSD KIDS LEVEL 2 + / 7 -12 YEARS | TAEKWONDO BLUE – RED FORMS | 11:15 AM – 12:15 PM TAEKWONDO SPARRING ALL BELTS | |
| | | TAEKWONDO ORANGE INT – GREEN INT TECHNIQUE/ DRILLS | | TAEKWONDO ORANGE INT – GREEN INT CURRICULUM | | | |
| 8:00 – 8:45 PM | BLACK BELT ACADEMY RED INT – BLACK CURRICULUM | XSD TEENS/ADULTS ALL LEVELS/AGES 13 + | | XSD TEENS/ADULTS ALL LEVELS/AGES 13 + | BLACK BELT ACADEMY RED INT – BLACK FORMS | 12:15 PM – 1:00 PM XSD ALL LEVELS AGES 7 + YEARS | |
| | | TAEKWONDO BLUE – BLACK TECHNIQUE/DRILLS | | 8:00 PM – 9:00 PM TAEKWONDO SPARRING GREEN – BLACK | | | |

- 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 July 4th, 2023

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