



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	BOOK A PRIVATE LESSON! 
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 ALL LEVELS AGES 7 + YEARS	6:30 PM – 7:30 PM TAEKWONDO SPARRING WHITE – BLUE	XSD KIDS ALL LEVELS AGES 7 + YEARS	TAEKWONDO ORANGE INT – GREEN INT FORMS	10:30 AM – 11:15 AM TAEKWONDO TECHNIQUE/DRILLS ALL BELTS	NOW OFFERING NINJA BIRTHDAY PARTIES!
7:15 – 8:00 PM	TAEKWONDO BLUE – RED CURRICULUM	TAEKWONDO ORANGE INT – GREEN INT TECHNIQUE/ DRILLS	7:30 PM – 8:30 PM TAEKWONDO SPARRING BLUE INT – BLACK	TAEKWONDO ORANGE INT – GREEN INT CURRICULUM	TAEKWONDO BLUE – RED FORMS	11:15 AM – 12:00 PM TAEKWONDO SPARRING AGES 7-11 YEARS	 BOOK YOUR PARTY WITH US!
						12:00 PM – 12:45 PM TAEKWONDO SPARRING AGES 12+ YEARS	
8:00 – 8:45 PM	BLACK BELT ACADEMY RED INT – BLACK CURRICULUM	TAEKWONDO BLUE – BLACK CURRICULUM		8:00 PM – 9:00 PM TAEKWONDO SPARRING ALL BELTS	BLACK BELT ACADEMY RED INT – BLACK FORMS	12:45 PM – 1:30 PM XSD ALL LEVELS AGES 7 + YEARS	

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

Effective August 19th, 2024
4679 Kingston Road Unit 1 & 2
Scarborough, ON