

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 – 5:45 PM	<b>LITTLE DRAGONS</b> ALL BELTS CURRICULUM AGES 4-6	<b>LITTLE DRAGONS</b> ALL BELTS CURRICULUM AGES 4-6	<b>LITTLE DRAGONS</b> ALL BELTS CURRICULUM AGES 4-6	<b>LITTLE DRAGONS</b> ALL BELTS TECHNIQUE/DRILLS AGES 4-6	<b>LITTLE DRAGONS</b> ALL BELTS SPARRING/DRILLS AGES 4-6	9:00 AM – 9:55 AM <b>LEADERSHIP</b>	BOOK A PRIVATE LESSON!  
5:45 – 6:30 PM	<b>TAEKWONDO</b> WHITE – ORANGE  5:45 PM – 6:15 PM <b>XSD LITTLE NINJAS</b> AGES 4-6	<b>TAEKWONDO</b> ORANGE INT – GREEN INT	<b>TAEKWONDO</b> WHITE – ORANGE  5:45 PM – 6:15 PM <b>XSD LITTLE NINJAS</b> AGES 4-6	<b>TAEKWONDO</b> ORANGE INT – GREEN INT	<b>TAEKWONDO</b> WHITE – ORANGE	10:00 AM – 10:30 AM <b>LITTLE DRAGONS</b> ALL BELTS AGES 4-6	
6:30 – 7:15 PM	<b>TAEKWONDO</b> ORANGE INT - GREEN INT  <b>XSD KIDS</b> LEVEL 0-4/AGES 7-12	<b>TAEKWONDO</b> WHITE – ORANGE	<b>TAEKWONDO</b> ORANGE INT - GREEN INT  <b>XSD KIDS</b> LEVEL 0-4/AGES 7-12	<b>TAEKWONDO</b> WHITE – ORANGE	<b>TAEKWONDO</b> ORANGE INT – GREEN INT	10:30 AM – 11:15 AM <b>TAEKWONDO</b> ALL BELTS  10:30 AM – 11:00 AM <b>XSD LITTLE NINJAS</b> AGES 4-6	NOW OFFERING NINJA BIRTHDAY PARTIES!  
7:15 – 8:00 PM	<b>TAEKWONDO</b> BLUE – RED  <b>XSD KIDS</b> LEVEL 5 +/AGES 7-12	7:15 PM – 8:15 PM <b>TAEKWONDO</b> SPARRING ALL BELTS	<b>TAEKWONDO</b> BLUE – RED  <b>XSD KIDS</b> LEVEL 5 +/AGES 7-12	7:15 PM – 8:15 PM <b>TAEKWONDO</b> SPARRING GREEN – BLACK	<b>TAEKWONDO</b> BLUE – BLACK	11:15 AM – 12:15 PM <b>TKD SPARRING</b> ALL BELTS	
8:00 – 8:45 PM	<b>TAEKWONDO</b> RED INT – BLACK  <b>XSD</b> <b>TEENS/ADULTS</b> ALL LEVELS/AGES 13 +	8:15 PM – 9:00 PM <b>TAEKWONDO</b> TEENS/ADULTS ALL BELTS	<b>TAEKWONDO</b> RED INT – BLACK  <b>XSD</b> <b>TEENS/ADULTS</b> ALL LEVELS/AGES 13 +	8:15 PM – 9:00 PM <b>TAEKWONDO</b> TEENS/ADULTS ALL BELTS	<b>TAEKWONDO</b> TEENS/ADULTS ALL BELTS	12:15 PM – 1:00 PM <b>XSD</b> ALL LEVELS/AGES 7 +	BOOK YOUR PARTY WITH US!

- **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 July 4<sup>th</sup>, 2023**

Ryouko Martial Arts Durham  
1410 Bayly St #1, Pickering