



Time	Monday		Tuesday		Wednesday			Thursday			Friday		Saturday		Time		
09:00														09:00			
Acrobatic (09:00~10:00)													10:00				
10:00																	
											Little Tigers (Age 4~6) Basic Training (10:20~11:00)		11:00				
11:00	Class	Level	Belt	Mon	Tue	Wed	Tur	Fri	Sat	Note							
12:00	Taekwondo	Little Tigers	All belt		5:00	5:00		5:00		Tue, Wed, and Fri class							
			All belt	6:00		5:00			10:20	Mon, Wed, and Sat class							
		Children Beginner	White	5:00			5:00		11:30				All Children / Belt Poomsae (11:30~12:20)		12:00		
Yellow Stripe Yellow Orange			5:00		6:00	5:00		11:30	Maximum 3 times out of 4 times/week			High Performer poomsae (12:30~13:50)		13:00			
Children Intermediate		Green Stripe Green Blue	6:00		6:00		6:00	11:30									14:00
		Children High Performer															
High Performer			Red~Black					13:00	Extra class		15:00						
15:00		Korean Martial arts	Adult	All belt		7:00		7:00								16:00	
			Children	All belt				6:00				Age 10+ or TKD Red belt up					
16:00																	
	Private lesson TKD or Martial arts (16:00~16:40)		Private lesson TKD or Martial arts (16:00~16:40)		Private lesson TKD or Martial arts (16:00~16:40)			Private lesson TKD or Martial arts (16:00~16:40)			Private lesson TKD or Martial arts (16:00~16:40)				5:00		
																	19:00
17:00	Beginner Kicking/Poomsae (White ~ Orange) (17:00~17:50)		Little Tigers (Age 4~6) Physical Training (17:00~17:40)		Little Tigers (Age 4~6) Sparring (17:00~17:40)		Beginner Physical Training (White ~ Orange) (17:00~17:50)			Little Tigers (Age 4~6) Basic Training (17:00~17:40)							
18:00																	
	Little Tigers (Age 4~6) Physical Training (18:00~18:40)		Inter. & H/P Kicking/Poomsae (Green Stripe ~ Black) (18:00~18:50)		Children All belt Sparring (Yellow stripe ~ Black) (18:00~18:50)			Korean martial arts for children (age 10+) (18:00~18:50)			Inter. & H/P Advanced Training (Green Stripe ~ Black) (18:00~18:50)						
19:00			Adult(Age 18+) (TKD & Martial arts) (19:00~19:50)					Adult(Age 18+) (TKD & Martial arts) (19:00~19:50)									
20:00																	