



# ELITE MARTIAL ARTS TAEKWONDO SCHEDULE

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Effective September 9, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11:00-12:00 <i>Adult Taekwondo</i>		11:00-12:00 <i>Adult Taekwondo</i>		10:00-11:00 <i>TKD Class ALL LEVELS</i>
5:30-6:00 <i>Lil Dragons</i>	5:30-6:30 <i>Advanced Taekwondo</i>	5:30-6:00 <i>Lil Dragons</i>	5:30-6:30 <i>Advanced Taekwondo</i>	5:30-6:00 <i>Lil Dragons</i>	11:00-12:00 <i>Sparring Club</i>
5:30-6:30 <i>Child Beginner Taekwondo</i>	<i>Adult Beginner Taekwondo</i>	5:30-6:30 <i>Child Beginner Taekwondo</i>	<i>Adult Beginner Taekwondo</i>	5:30-6:30 <i>TKD Class ALL LEVELS</i>	<i>Black Belt Competition Team</i>
6:30-7:30 <i>Child Advanced Taekwondo</i>	6:30 - 7:30 <i>Child Beginner Taekwondo Competition Team</i>	6:30-7:30 <i>Child Advanced Taekwondo</i>	6:30 - 7:30 <i>Child Beginner Taekwondo Competition Team</i>	6:30-7:30 <i>Black Belt Preparation</i>	
7:30-8:30 <i>Adult/Jr Taekwondo</i>	7:30 - 8:30 <i>Black Belt Poomsae</i>	7:30-8:30 <i>Adult/Jr Taekwondo</i>	7:30 - 8:30 <i>Black Belt Training</i>		

*\*\*Private Lessons (30 min sessions) Open Upon Availability -- Inquire at Front Desk*

### **Taekwondo Classes**

- \*Lil Dragons - Taekwondo for 4 to 6 years old
- \*Child Beginner Taekwondo - White to Green-Stripe Belts, Ages 7 to 11
- \*Child Advanced Taekwondo - Green Belts and up, Ages 7 to 11
- \*Beginner Taekwondo - White to Green-Stripe Belts, Ages 7 and up
- \*Advanced Taekwondo - Green Belts and up, Ages 7 and up
- \*Adult/Jr Taekwondo - ALL Belt Levels, 12 yrs and up
- \*Black Belt Class - Reserved for Black Belts, Ages 7 and up
- \*TKD Class ALL LEVELS - ALL Belt Levels, 7 yrs and up

\*Private Lessons - Taekwondo/BJJ with Certified Black Belt Instructor  
(Reservation Required)

**Instructor reserves the right to change scheduled classes to meet students' needs**