



Tae Kwon Do Classes

Beginning Classes:

- Kids (4 to 6 yo):
Monday, Wednesday, & Friday / 4:00pm-4:45pm
- Kids (6 & up):
Tuesday & Thursday / 4:00pm-4:45pm
- Family Class (All ages):
Monday - Thursday / 6:00pm-6:45pm

Color Belt Classes:

- All ages:
Monday - Friday / 5:00pm-5:45pm
Monday & Wednesday / 6:50pm-7:40pm

Adults Only Classes (all belts):

- Tuesday - Thursday / 9:00am-10:00am ,
Tuesday & Thursday / 7:00pm-7:50pm ,

Sparring Classes (all belts):

- Wednesday / 7:40pm-8:30pm ,
Friday / 5:50-6:45pm ,
Saturday / 10:00am-11:00am

Open Class (all belts all ages):

- Saturday / 9:00am-9:50am

Note: All students are welcome to attend Sparring Classes (except kids 4-6yo)