

# MACKENZIE

TAEKWON-DO • FITNESS • SELF DEFENSE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am - 9:30am	<p><b>835-7111</b></p> <p><b><a href="http://www.MacKenzie-Taekwondo.com">www.MacKenzie-Taekwondo.com</a></b></p>					Beginner Belts
9:45am - 10:45am						Intermediate Belts
11:00am - 12:00pm						Advanced and Black Belts
12:15pm - 1:15pm						Little Dragons Group I
6:00pm - 7:00pm	Intermediate Belts	Beginner Belts	Intermediate Belts	Beginner Belts		
7:15pm - 8:15pm	Advanced Belts	Intermediate Belts	Advanced and Black Belts	Intermediate Belts		
8:30pm - 9:30pm	Black Belts	Advanced and Black Belts		Advanced and Black Belts		

**Little Dragons** - ages 4 - 6.

**Beginner** - white belt to yellow stripe (ages 7+)

**Intermediate** - yellow belt to green belt (ages 7+)

**Advanced** - blue stripe and above (ages 7+)