

MACKENZIE

TAEKWON-DO • FITNESS • SELF DEFENSE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am - 9:30am	<p>835-7111</p> <p>www.MacKenzie-Taekwondo.com</p>					Beginner & Intermediate Belts
9:45am - 10:45am						Advanced Belts
11:00am - 11:50am						Little Dragons Group I
12:10pm - 1:00pm						Little Dragons Group II
6:00pm - 7:00pm	Intermediate Belts	Beginner Belts	Intermediate Belts	Beginner Belts		
7:15pm - 8:15pm	Advanced Belts	Intermediate Belts	Advanced Belts	Intermediate Belts		
8:30pm - 9:30pm	Black Belts	Advanced Belts		Advanced 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+)