

# TAE KWON DO

## BEGINNER CLASS SCHEDULE

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LITTLE DRAGONS</b> (4 - 5 YRS)	4:30	4:30	4:30	4:30	4:00	9:00 AM
<b>WHITE</b> (6 - 12 YRS)	3:00 3:45 5:15 6:45	3:00 4:30 6:00	3:00 3:45 5:15 6:45	3:00 4:30 6:00	3:45	9:00 AM
<b>MIXED TEENS</b> (13 - 18 YRS)	6:00	6:00 7:30	6:00	6:00 7:30	6:00	12:00
<b>ADULTS</b> (18 + YRS)	12:00 6:00 7:30	12:00 6:00 7:30	6:00 7:30	12:00 6:00 7:30	6:00	12:00

NOTE: Schedule times subject to change without notice

Jan 2026

### DESCRIPTION

Tae Kwon Do is a Korean martial art known for dynamic kicks, punches, and blocks. It emphasizes agility, flexibility, and discipline, promoting values like respect and perseverance.

### TRIAL INTRODUCTORY SPECIAL (\$40)

1 introductory lesson, 1 group class  
& full uniform

[Click Here to book introductory class](#)

### HYGIENE ETIQUETTE

Wash your uniform & gear  
Remove Jewelry  
Trim finger and toe nails  
Practice good hygiene  
Tie your hair back

Cover all cuts  
Don't train when sick  
Make sure your feet are clean  
Shoes to be worn on all surface  
EXCEPT the mat. No shoes on the mat.