

TAE KWON DO

BEGINNER CLASS SCHEDULE

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LITTLE DRAGONS (4 - 5 YRS)	4:30	4:30	4:30	4:30	4:00	9:00 AM
WHITE (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
MIXED TEENS (13 - 18 YRS)	6:00	6:00 7:30	6:00	6:00 7:30	6:00	12:00
ADULTS (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	TRIAL INTRODUCTORY SPECIAL (\$40)	HYGIENE ETIQUETTE
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.	1 introductory lesson, 1 group class & full uniform Click Here to book introductory class	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.