



Effective January 28th 2019

2019 Schedule

1283 W Palmetto Park Rd, Boca Raton, FL 33486
 Palmetto Park Square Shopping Center ● Just East of I-95 on Palmetto Park Rd



Certified School

561-955-9645

We Develop Athletes with Character, Discipline, Focus, Confidence & Indomitable Spirit

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KID TIGERS All belts 4-6	5:00PM-5:30PM		5:00PM-5:30PM			9:30AM-10:00AM
Olympic Tae Kwon DO Youth Intro/White Belt ages 6-9	INTRO/White Belt 5:30PM-6:00PM YOUTH 6-9		INTRO/White Belt 5:30PM-6:00PM YOUTH 6-9			10:00AM-10:30AM Intro & White Belt YOUTH 6-9
Olympic Tae Kwon Do Youth ages 6-9 Novice		5:30PM-6:15PM White w/Blue & Red tip Yellow Stripe, Yellow YOUTH	6:00PM-6:45PM White w/Blue & Red tip Yellow Stripe, Yellow YOUTH	5:30PM-6:15PM Yellow Stripe, Yellow Green Stripe Youth		10:30AM-11:15AM YOUTH Ages 6-9 All Belts
Olympic Tae Kwon Do Youth ages 6-9 Intermed/Adv	6:00PM-6:45PM Green Stripe-Black YOUTH	6:15PM-7:00PM Green Stripe-Black YOUTH		6:15PM-7:05PM Green-Black YOUTH		10:30AM-11:15AM YOUTH Ages 6-9 All Belts
Olympic Tae Kwon Do CADETS Ages 10-13	6:45PM-7:40PM CADETS White thru Blue	7:00PM-7:50PM CADETS White Thru Green Stripe		7:05PM-7:55PM Cadets Ages 10-13 White thru Green Stripe		11:15AM-12:10PM Cadets Ages 10-13 All Belts
Olympic Tae Kwon Do CADETS Ages 10-13	7:40PM-8:40PM Cadets Red Stripe-BLK		6:45PM-7:45PM Cadets Green-BLK	6:15PM-7:05PM Cadets Green- Black		11:15AM-12:10PM Cadets Ages 10-13 All Belts
Olympic Tae Kwon Do Adults 14+	7:40PM-8:40PM Ages 14+	7:50PM-8:45PM Red-Black	6:45PM-7:45PM Ages 14+	7:55PM-8:50PM Ages 14+ Yellow Stripe-Blk		12:10PM-1:10PM Ages 14+ All Belts

BELT TIPS:

RED Tip: the Red TIP represents working knowledge of belt level Kicks and Footwork.

BLUE Tip: the Blue TIP represents working knowledge of your Form, Stances & Hand Techniques

BLACK TIP: the Black TIP represents working knowledge of belt level Hogu Drills & Sparring

Private Lessons Available

Call Grandmaster Bonaparte

561-271-4631