



Effective April 9th 2018 2018 Schedule

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

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



561-955-9645

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KID TIGERS Ages 4-6		5:30PM-6:00PM		5:00PM-5:30PM		10:00AM-10:30AM Orange-Black
Olympic Tae Kwon DO Youth Intro/White Belt ages 6-10	White Belt 5:30PM-6:00PM		White Belt 5:30PM-6:00PM			9:30AM-10:00AM Intro & White Belt
Olympic Tae Kwon Do Youth ages 6-9 Novice White Belt, Yellow Stripe, Yellow	6:00PM-6:45PM White w/Red & Blue tip Yellow Stripe, Yellow Ages 6-9	6:00PM-6:45PM White Belt w/Blue&Red tip Yellow Stripe,Yellow Ages 6-9		5:30PM-6:15PM White w/Blue&Red tip Yellow Stripe, Yellow Ages 6-9 Come to class with gear on except hogu		10:30AM-11:15AM Ages 6-9 White Yellow Stripe,Yellow
Olympic Tae Kwon Do Youth ages 6-9 Green Stripe- Red	6:00PM-6:45PM Green Stripe-Red Ages 6-9		6:00PM-6:45PM Green Stripe-Red Ages 6-9	6:15PM-7:00PM Green Stripe-Black Ages 6-9 Come to class with gear on except hogu	Private Lesson Call to schedule	10:30AM-11:15AM Ages 6-9 Green Stripe-Red
Olympic Tae Kwon Do CADETS Ages 10-13	6:45PM-7:40PM CADETS ages 10-13 All Belts	6:45PM-7:40PM CADETS ages 10-13 All Belts	ELITE Practice 6:45PM-7:50PM	7:00PM-7:50PM CADETS ages 10-13 Come to class gear on except hogu		11:15AM-12:00PM CADETS ages 10-13
Olympic Tae Kwon Do Adults 14+	7:40PM-8:40PM Ages 14+	BLACK BELT Red Thru Black 7:40PM-8:40PM	7:50PM-8:40PM Ages 12+	7:50PM-8:45PM Ages 14+		12:00PM-1:00PM 14+

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