



Effective September 17th 2018 FALL 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



Certified School

561-955-9645

| CLASS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|-------------------------------------|---|
| KID TIGERS Beginner ages 4-6 | 5:00PM-5:30PM White, Yellow, Orange | | 5:00PM-5:30PM White, Yellow, Orange | | | 9:15AM-9:45AM White, Yellow, Orange |
| KID TIGERS Intermediate 4-6 | | 5:00PM-5:30PM Green thru Black | | 5:00PM-5:30PM Green thru Black | Private Lessons Call to schedule | 9:15AM-9:45AM Green thru Black |
| 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 | | | 9:45AM-10:15AM 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 | | 10:15AM-11:00AM White w/ Blue & Red Tip Yellow Stripe & Yellow Green Stripe YOUTH |
| 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 | Private Lesson Call to schedule | 11:50AM-12:40AM Green thru Black YOUTH |
| 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 | | 11:00AM-11:50PM White thru Green Stripe Cadets Ages 10-13 |
| Olympic Tae Kwon Do CADETS Ages 10-13 | 7:40PM-8:40PM Cadets Red Stripe-BLK | | 6:45PM-7:35PM Cadets Green-BLK | 6:15PM-7:05PM Cadets Green- Black | | 11:50AM-12:40PM Green thru Black Cadets ages 10-13 |
| Olympic Tae Kwon Do Adults 14+ | 7:40PM-8:40PM Ages 14+ | 7:50PM-8:45PM Red-Black | 7:35PM-8:35PM Ages 14+ | 7:55PM-8:50PM Ages 14+ Yellow Stripe-BLK | | 12:40PM-1:40PM Ages 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