

A Plus Taekwondo Schedule of Classes

(Effective from September 3, 2019)

1. Little Tigers (age 4-5)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Belts	5:00 – 5:35 pm	5:00 – 5:35 pm	5:00 – 5:35 pm	5:00 – 5:35 pm	-	9:40 – 10:10 am

2. Children (age 6 – 11)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White	5:40 – 6:20 pm	5:40 – 6:20 pm	5:40 – 6:20 pm	5:45 – 6:45 pm 7:00 – 8:00 pm	5:45 – 6:45 pm	10:10 – 11:00 am
Yellow	5:40 – 6:20 pm	5:40 – 6:20 pm	5:40 – 6:20 pm	5:45 – 6:45 pm 7:00 – 8:00 pm	5:45 – 6:45 pm	10:10 – 11:00 am
Orange	5:40 – 6:20 pm	5:40 – 6:20 pm	5:40 – 6:20 pm	5:45 – 6:45 pm 7:00 – 8:00 pm	5:45 – 6:45 pm	10:10 – 11:00 am
Green	5:40 – 6:20 pm	5:40 – 6:20 pm	5:40 – 6:20 pm	5:45 – 6:45 pm 7:00 – 8:00 pm	5:45 – 6:45 pm	10:10 – 11:00 am
Blue	6:20 – 7:10 pm	6:20 – 7:10 pm	6:20 – 7:10 pm	5:45 – 6:45 pm 7:00 – 8:00 pm	5:45 – 6:45 pm	10:10 – 11:00 am
Purple	6:20 – 7:10 pm	6:20 – 7:10 pm	6:20 – 7:10 pm	5:45 – 6:45 pm 7:00 – 8:00 pm	5:45 – 6:45 pm	10:10 – 11:00 am
Brown	6:20 – 7:10 pm	6:20 – 7:10 pm	6:20 – 7:10 pm	5:45 – 6:45 pm 7:00 – 8:00 pm	5:45 – 6:45 pm	10:10 – 11:00 am
Sr. Brown	6:20 – 7:10 pm	6:20 – 7:10 pm	6:20 – 7:10 pm	5:45 – 6:45 pm 7:00 – 8:00 pm	5:45 – 6:45 pm	10:10 – 11:00 am
Red	6:20 – 7:10 pm 7:10 – 8:00 pm	6:20 – 7:10 pm 7:10 – 8:00 pm	6:20 – 7:10 pm 7:10 – 8:00 pm	5:45 – 6:45 pm 7:00 – 8:00 pm	5:45 – 6:45 pm	10:10 – 11:00 am
Sr. Red	6:20 – 7:10 pm 7:10 – 8:00 pm	6:20 – 7:10 pm 7:10 – 8:00 pm	6:20 – 7:10 pm 7:10 – 8:00 pm	5:45 – 6:45 pm 7:00 – 8:00 pm	5:45 – 6:45 pm	10:10 – 11:00 am
Black	6:20 – 7:10 pm 7:10 – 8:00 pm	6:20 – 7:10 pm 7:10 – 8:00 pm	6:20 – 7:10 pm 7:10 – 8:00 pm	5:45 – 6:45 pm 7:00 – 8:00 pm	5:45 – 6:45 pm	10:10 – 11:00 am

3. Teen & Adult (age 12 and up)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Taekwondo	7:10 – 8:00 pm	7:10 – 8:00 pm	7:10 – 8:00 pm	7:00 – 8:00 pm	-	10:10 – 11:00 am
Gumdo	-	-	-	-	-	11:00 am – 12:00 pm

4. Family Class (age 6 and up / All belts)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Taekwondo	-	-	-	7:00 – 8:00 pm	-	10:10 – 11:00 am