

2010 Class Schedule

| Mon | Tues | Wed | Thurs | Fri | Sat |
|--|-------------------------------------|---|---|--|---|
| | Adult Taekwondo 11:00-12:00 noon | | Adult Taekwondo 11:00-12:00 noon | | Taekwondo Ages 7 and up 10:00-11:00am |
| Tot's Advanced Taekwondo 5:30-6:00pm | Tot's Taekwondo 5:30-6:00pm | Tot's Taekwondo 6:00-6:30pm | Special Training 4:45-5:30pm | | Sparring 11:30-1pm |
| Youth Beginner Taekwondo 6:15-7:15pm | Adult Taekwondo 6:15-7:30pm | Youth Advanced/Adult Taekwondo 6:45-8:00pm | Youth Advanced/Adult Taekwondo 6:00-7:15pm | Youth Beginner Taekwondo 6:00-7:00pm | |
| Koryo Gumdo 7:30-8:30pm | Kardio Kickboxing 7:45-8:45pm | | Koryo Gumdo 7:30-8:30pm | Youth Advanced Taekwondo 7:15-8:15pm | |

