

	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
LIL' DRAGONS	4:30-	4:15-	4:15-	
(3-4 YRS)	4:55	4:40	4:40	
WHITE &	5:00-	4:45-	4:45-	
YELLOW BELTS	5:30	5:15	5:15	
ORANGE,	5:35-	5:15-	5:15-	
GREEN, PURPLE	6:10	5:50	5:50	
BLUE, BROWN,	6:15-	5:50-	5:50-	
RED & BLACK	7:00	6:30	6:30	
AII TEENIC	7:00-	7.15	7.15_	
ALL TEENS AND ADULTS	7.00 ⁻ 7:45	7:15-	7:15- 8:00	
AIND ADULIS		8:00	O.UU	

All Taekwondo Students must wear TKD pants (any color), TKD T-Shirt, and their Belt to every class. All Teen and Adults, you will need to stretch before your class starts.

MONDAY:

GROUP 1: 5:30 - 6:10 GROUP 2: 6:10 - 6:50

> WEDNESDAY GROUP 1: 6:30

GROUP 2: 6:30 - 7:15

All NinjaTrix Students must wear their headband, TKD or NinjaTrix T-Shirt, and GROUP 1 AND 2: NinjaTrix shorts (or TKD pants)

Media Hooli Heldi

SATURDAY: 11:40 - 12:20