



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00pm-5:45pm POOMSAE TEAM		5:00pm-5:45pm POOMSAE TEAM		Closed	Closed
5:30pm - 6:25pm Beginners	5:45pm-6:25pm TKD Kids	5:30pm - 6:25pm Beginners	5:45pm-6:25pm TKD Kids	5:30pm - 6:25pm Beginners		
6:30pm - 7:25pm High Belts	6:30pm - 7:25pm Children 7yrs - 12yrs	6:30pm - 7:25pm High Belts	6:30pm - 7:25pm Children 7yrs - 12yrs	6:30pm - 7:25pm High Belts		
7:30pm - 8:45pm CST	7:30pm - 8:25pm Adult and Teen	7:30pm - 8:45pm CST	7:30pm - 8:25pm Adult and Teen	7:30pm - 8:45pm CST		

3 Classes per week MAX

TKD Kids	4yrs - 7yrs
Beginners	White - Green Stripe
High Belts	Green +
CST (Champion Sparring Team)	Invite Only
Poomsae Team	Invite Only