



Tae Kwon Do January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 No Classes	2 Self Defense	3	4	5 Sparring
6	7	8 Forms/Weapons	9 Basics	10	11	12 Self Defense
13	14	15 Sparring	16 Forms/Weapons	17	18	19 Kids Belt Test Youth/Adult Belt Test
20	21	22 Self Defense	23 Sparring	24	25	26 Forms/Weapons
27	28	29 Basics	30 Self Defense	31	1	2 Sparring

Class Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30		Kids				10:00 am Kids <hr/> 11:00 am Youth/Adult	
6:00							Youth
6:30		Youth					
7:00							Adult
7:30		Adult					

Kids: ages 6 – 8 * Youth: ages 9 - 12 *** Adults: ages 13 & Up**

Kids TKD Test starts at 10:00 am. *** Youth/Adult TKD Test starts at 11:00 am.

(Unless Otherwise Posted)