

SPIRIT TAEKWONDO

SCHEDULE EFFECTIVE SEPTEMBER 11, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:20pm	5:30 - 6:20pm	5:30 - 6:20pm	5:30 - 6:20pm	5:30 - 6:20pm		
CHILDREN ADVANCED	CHILDREN BEGINNER	CHILDREN ADVANCED	CHILDREN BEGINNER	OPEN CLASS	9:30 - 10:30am	C
	PEE WEE CLASS		PEE WEE CLASS		OPEN CLASS	L
6:30 - 7:20pm	6:30 - 7:20pm	6:30 - 7:20pm	6:30 - 7:20pm	6:30 - 8:00pm		
CHILDREN BEGINNER	CHILDREN INTERMEDIATE	CHILDREN BEGINNER	CHILDREN INTERMEDIATE	BLACK BELT CLASS	10:30 - NOON	O
CHILDREN INTERMEDIATE	CHILDREN ADVANCED	CHILDREN INTERMEDIATE	CHILDREN ADVANCED	Poomsae Team	SPARRING TEAM	S
7:30 - 8:30pm	7:30 - 8:30pm	7:30 - 8:30pm	7:30 - 8:30pm			E
JUNIOR AND ADULT OPEN	JUNIOR AND ADULT OPEN	JUNIOR AND ADULT OPEN	JUNIOR AND ADULT OPEN			D

OPEN	BEGINNERS	INTERMEDIATE	ADVANCED	COMPETITION	BLACK BELT
ALL BELT LEVELS	WHITE TO HALF-YELLOW	YELLOW TO GREEN-STRIPE	GREEN TO BLACK BELT	TOURNAMENT TRAINING	BLACK-STRIPE AND UP

PEEWEE	CHILDREN	JUNIOR/ADULT	OPEN
AGES	AGES	AGES	AGES 7 AND UP

SCHEDULE SUBJECT TO CHANGE TO MEET THE STUDENT'S NEEDS

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4 TO 6	6 TO 11	12 AND UP	ALL BELTS
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SCHEDULE SUBJECT TO CHANGE TO MEET THE STUDENT'S NEEDS