

SPIRIT TAEKWONDO

SCHEDULE EFFECTIVE SEPTEMBER 9, 2024

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		9:30AM - 11AM			
CHILDREN ADVANCE		CHILDREN BEGINNER		CHILDREN ADVANCE		CHILDREN BEGINNER		OPEN CLASS		SPARRING TEAM		C L	
		PEE WEE CLASS				PEE WEE CLASS							
6:30 - 7:20pm		6:30 - 7:20pm		6:30 - 7:20pm		6:30 - 7:20pm		6:30 - 8:00pm		11AM - NOON			
CHILDREN BEGINNER		CHILDREN INTERMEDIATE		CHILDREN BEGINNER		CHILDREN INTERMEDIATE		BLACK BELT PREP CLASS		OPEN CLASS		O S	
CHILDREN INTERMEDIATE		CHILDREN ADVANCE		CHILDREN INTERMEDIATE		CHILDREN ADVANCE							
7:30 - 8:30pm		7:30 - 8:30pm		7:30 - 8:30pm		7:30 - 8:30pm				11AM - 12:30PM		E D	
JUNIOR AND ADULT OPEN		JUNIOR AND ADULT OPEN		JUNIOR AND ADULT OPEN		JUNIOR AND ADULT OPEN				BLACK BELT POOMSAE COMPETITION TEAM			
OPEN		BEGINNER		INTERMEDIATE		ADVANCE		COMPETITION		BLACK BELT			
ALL BELT LEVELS		WHITE TO HALF-YELLOW		YELLOW TO GREEN		BLUE-STRIPE BLACK BELT		TOURNAMENT TRAINING		BLACK-STRIPE AND UP			
		PEEWEE		CHILDREN		JUNIOR/ADULT		OPEN					
		AGES 4 TO 6		AGES 6 TO 12		AGES 12 AND UP		AGES 6 AND UP					

SCHEDULE SUBJECT TO CHANGE TO MEET THE STUDENT'S NEEDS