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Schedule for AUG/27/2018 – JUNE 2019

Level	MON	TUES	WED	THU	FRI	SAT
Level 1 None-Yellow Beginner	4:15~4:55	6:05~6:45	4:15~4:55	6:05~6:45	5:20~6:00	9:15~9:55
Level 2.3 Orange- Black/yellow Sparring	5:00~5:55 <i>Sparring</i>	6:50~7:45 <i>Sparring</i>	5:00~5:55 <i>Sparring</i>	6:50~7:45 <i>Sparring</i>	4:20~5:15 <i>Sparring</i>	9:15~9:55 <i>Make up</i> <No sparring>
Level 3 Red/White-Black/yellow Weapons	6:00~6:55 <i>Weapons</i>		6:00~6:55 <i>Weapons</i>		5:20~6:15 <i>Weapons</i>	9:15~10:10 <i>Weapons</i>
BLACK BELT	7:00~7:45 <i>Sword</i>	5:15~6:00 <i>Sword</i>	7:00~7:45 <i>Sparring</i>	5:15~6:00 <i>Bo Staff</i>		10:15 ~12:15 Competition Team Training
	7:50~8:35 <i>Bo Staff</i>					
Junior. Adult <i>Weapons ,Sparring (Yellow up)</i>		7:50~8:30 <i>All-Belt</i> 8:30~8:45 <i>Weapons</i>		7:50~8:30 <i>All-Belt</i> 8:30~8:45 <i>Sparring</i>		1:30pm~ Birthday Party Available With Master Jang
FORM -Only- Black belt, Black /yellow					6:20~7:00	
Masters Club & DEMO TEAM					7:00~7:40	

Adult Private Lessons If you prefer to have **personal, one-on-one** training by a Master then this would be the class for you. Our masters will customize a program of Tae Kwon Do training based on your specific needs. We have a **flexible schedule** to fit in with your busy schedule. Our masters will evaluate and help you to achieve your goals. With our Adult Private Lessons you can:

- Lose weight
- gain strength, flexibility and endurance
- grow in confidence
- learn self-defense techniques
- achieve greater peace and harmony

Children's Private Lessons Private lessons can really benefit children who require extra help in focusing. After some private lesson training, children are often ready to go to the regular children's program. Tae Kwon Do helps children to:

- become more calm and focused
- grow in confidence while overcoming shyness
- gain better listening skills
- improve physical and mental health

We will customize a program for your child to give them the **one-on-one** training they need.