



K TIGERS

TAEKWONDO

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Effective November 23rd, 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
	9:30 – 10:30 AM Women's Cardio Kickboxing		9:30 – 10:30 AM Women's Cardio Kickboxing		9:00 – 10:00 AM Women's Cardio Kickboxing
10:20 -11:05 AM					Little Ninjas (3-5 year old)
11:20 - 11:50 AM					Advanced Black Belt Club
12:00 – 12:30 PM					Intermediate Black Belt Club
4:10 – 4:50 PM	Green – High Red	Little Tigers (5-8 years old) White – Orange	Black Belts	Little Tigers (5-9 years old) Green & Higher	
5:00 - 5:40 PM	White –Orange	Little Tigers (5-9 years old) Green & Higher	Brown – Bodan	Little Tigers (5-8 years old) White - Orange	
5:50 – 6:30 PM	Little Tigers (5-9 years old) Green & Higher	White –Orange	Little Tigers (5-8 years old) White - Orange	Black Belts	
6:40 – 7:20 PM	Black Belts	Brown – Bodan	Green – High Red	Green – High Red	
7:30 – 8:10 PM	Brown – Bodan	Black Belts		White – Orange	

	Monday	Tuesday	Wednesday	Thursday	Saturday
Little Ninjas (3-5 years old)					10:20 AM
Little Tigers (White – Orange)		4:10 PM	5:50 PM	5:00 PM	
Little Tigers (Green & Higher)	5:50 PM	5:00 PM		4:10 PM	
White –Orange	5:00 PM	5:50 PM		7:30 PM	
Green – High Red	4:10 PM		6:40 PM	6:40 PM	
Brown – Bodan	7:30 PM	6:40 PM	5:00 PM		
Black Belt	6:40 PM	7:30 PM	4:10 PM	5:50 PM	
Women’s Cardio Kickboxing	9:30 AM		9:30 AM		9:00 AM
Advanced Black Belt Club					11:20 AM
Intermediate Black Belt Club					12:00 PM