



KIM'S TAEKWONDO NEW SCHEDULE

Date effective : Aug. 25th 2024
[Ninjas - 6 & under / Tigers - 7~11 y.o.]

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Before School – 7:00am ~ 9:00am(Drop off time) / After School – 2:00pm ~ 3:30pm(Pickup time)					9:00am ~ 10:00am
3:50pm ~ 4:20pm	Little Ninjas [All belt]	Little Ninjas [All belt]	Little Ninjas [All belt]	Little Ninjas [All belt]	Little Ninjas [All belt]	Belt Test *Ninjas & Tigers : 1st week *Teen / Adult : 3rd week
4:30pm ~ 5:10pm	Tigers [All Belt]	Tigers [No ~ Green st.]	Tigers [No ~ Green st.]	Tigers [Blue ~ Red]	Tigers [All Belt]	10:10am ~ 10:55am > Teen / Adult <
5:20pm ~ 6:00pm	Jr. Black & Black belt	Tigers [Blue ~ Red]	1st,3rd Week Ninjas/Tigers SPARRING	Tigers [No ~ Green st.]	Jr. Black & Black belt	11:00am ~ 11:30am Little Ninjas [All belt]
			2nd,4th Week Tigers [Blue ~ Red]			
6:10pm ~ 6:50pm	> Teen / Adult <	Jr. Black & Black belt	1st, 3rd Week > Teen & Adult <	Jr. Black & Black belt	S.W.A.T. TEAM	11:40am ~ 12:20pm Tigers [All Belt]
			2nd,4th Week Teen & Adult SPARRING			
7:00pm ~ 7:50pm		> Teen / Adult <	Championship Training (All Tournament) *Pay per class	> Teen / Adult <	S.W.A.T - DEMO TEAM Training *Extra Class For events	12:30pm ~ 1:30pm POOM SAE TEAM *Competition TKD Form Team Training *Pay per class

> The **1st/3rd weeks** of every month will be Sparring for Tigers. The **2nd/4th weeks** will be Sparring for Teen/Adults.

> All other weeks will be Regular Class (*Tigers Blue & Up , Teen/Adult*)

* **Sparring** : All students are required to bring their sparring bags prior to class. Sparring gear must be cleaned afterwards.

* **TKD** : Uniforms are required for class (*TKD T-shirts are allowed*) Please bring your own water.

* **Testing** : Full uniforms and testing papers are required for Belt Promotion Tests.

* **Cardio** : \$150/mo. Uniform is not required. With minimum 2 students enrolled, parents are welcome to join for free.