



Grasshoppers (5 – 6 years old)

| Rank | Monday PM | Tuesday PM | Wednesday PM | Thursday PM | Friday PM (Sparring) | Saturday AM |
|-----------|-----------|------------|--------------|-------------|----------------------|-------------|
| All Ranks | | | | 6:00 – 6:30 | | 9:00 – 9:30 |

Junior Taekwondo (7 – 12 years old)

| Rank | Monday PM | Tuesday PM | Wednesday PM | Thursday PM | Friday PM (Sparring) | Saturday AM |
|-------------------|-------------|-------------|--------------|-------------|----------------------|--------------|
| White | 6:00 – 7:00 | 6:00 – 6:45 | | | | 9:30 – 10:15 |
| Yellow - Green | 6:00 – 7:00 | 6:00 – 6:45 | | | 6:00 – 6:45 | 9:30 – 10:15 |
| Purple - R./Black | | 6:45 – 7:30 | | 6:30 – 7:15 | 6:00 – 6:45 | 9:30 – 10:15 |
| J./Black - Black | | 6:45 – 7:30 | | 6:30 – 7:15 | 6:00 – 6:45 | 9:30 – 10:45 |

Adult Taekwondo (13+ years old)

| Rank | Monday PM | Tuesday PM | Wednesday PM | Thursday PM | Friday PM (Sparring) | Saturday AM |
|----------------|-------------|------------|--------------|-------------|----------------------|-----------------------------|
| White | 7:00 – 8:00 | | | 7:15 – 8:15 | | 10:45 – 11:30 open floor |
| Yellow - Black | 7:00 – 8:00 | | | 7:15 – 8:15 | 6:45 – 7:30 | 10:45 – 11:30 open floor |

Combat Hapkido (13+ years old)

| Rank | Monday PM | Tuesday PM | Wednesday PM | Thursday PM | Friday PM | Saturday AM |
|-------------------|-----------|-------------|-----------------------------------|-------------|-------------|-----------------------------|
| White - Jr. Black | | 7:30 – 8:30 | | | 7:00 – 8:00 | 10:45 – 11:30 open floor |
| Black | | | 6:30 – 7:30 (Every other Wed.) | | 7:00 – 8:00 | 10:45 – 11:30 open floor |