

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Taekwondo 11:00 – 11:50 AM	Little Warriors 5:00 – 5:25 PM	Little Warriors 4:00 – 4:25 PM	Little Warriors 5:00 – 5:25 PM	Kids Taekwondo 5:00 – 5:50 PM	Oneway: Meditation 11:00 – 11:50 AM
Kids Taekwondo 5:00 – 5:50 PM	Advanced Little Warriors 5:30 – 5:55 PM	Advanced Little Warriors 4:30 – 4:55 PM	Little Warriors 5:30 – 5:55 PM	Little Warriors 6:00 – 6:25 PM	Family Taekwondo 12:00 – 12:50 PM
Family Taekwondo 6:00 – 6:50 PM	Family Taekwondo 6:00 – 6:50 PM	Kids Taekwondo 5:00 – 5:50 PM	Kids Taekwondo 6:00 – 6:50 PM	Family Taekwondo 6:30 – 7:20 PM	Little Warriors 1:00 – 1:25 PM
Adult Taekwondo 7:00 – 7:50 PM	Oneway: Grappling 7:00 – 7:50 PM	Family Taekwondo 6:00 – 6:50 PM	Intermediate Taekwondo 7:00 – 7:50 PM	Oneway: Demonstration 7:30 – 8:20 PM	
Leadership 8:00 – 8:50 PM	Junior Leadership 8:00 – 8:50 PM	Oneway: Weapons 7:00 – 7:50 PM	Adult Taekwondo 8:00 – 8:50 PM		

Little Warriors: A program designed for very young children, typically between the ages of 3 and 5.

Advanced Little Warriors: A class where blue stripes and up can work on more advanced curriculum.

Kids Taekwondo: Ages 6 to 14. A good balance between fun games and serious martial arts.

Family Taekwondo: A class for all ages. A great choice for families, beginning adults, and older children.

Adult Taekwondo: 15 and up. More rigorous. Greater focus on detail.

Intermediate Taekwondo: A class where blue belts and up can work on more advanced curriculum. All ages.

Oneway: Supplemental classes in grappling, weapons, demonstration, and meditation. All ages.

Leadership: A class for students wishing to take on a leadership role within the school. Invitation only.

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Rising Phoenix
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