

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|--|
| TKD Tots (Age 3.5-5) 3:55-4:20 | TRIAL | TKD Tots (Age 3.5-5) 3:55-4:20 | TRIAL | | TKD Tigers (ALL Belts) (Age 5-8) 8:30 – 9:05 |
| TKD Tigers (Beginner) (Age 5-7) 4:25 – 4:55 | TRIAL | TKD Tigers (Beginner) (Age 5-7) 4:25 – 4:55 | TKD Tigers (ALL Belts) (Age 5-8) 4:15 – 4:50 | | New Students (Tigers & Kids) 9:10 – 9:45 |
| TKD Tigers (Advanced) (Age 6-8) 5:00 – 5:35 | Forms Training (All ages & belts) 4:40 – 5:25 | TKD Tigers (Advanced) (Age 6-8) 5:00 – 5:35 | New Students (Tigers & Kids) 4:55 – 5:25 | | Teens & Adults (Age 13+) 9:50 – 10:35 |
| KC Kids (Beginner) (Age 8-12) 5:40 – 6:20 | Sparring Techniques (All ages & belts) 5:30 – 6:10 | KC Kids (Beginner) (Age 8-12) 5:40 – 6:20 | KC Kids (ALL Belts) (Age 8-12) 5:30 – 6:15 | | KC Kids (ALL Belts) (Age 8-12) 10:40 – 11:20 |
| KC Kids (Advanced) (Age 8-12) 6:25 – 7:05 | Family Training (All ages & belts) 6:15 – 6:55 | KC Kids (Advanced) (Age 8-12) 6:25 – 7:05 | Family Training (All ages & belts) 6:15 – 6:55 | Belt Test Review ONLY FRIDAY BEFORE BELT TEST 5:30-6:30 | High Brown & Black Belts 11:25 – 12:10 |
| Black Belt Training 7:05 – 7:50 | Teens & Adults (Sparring Team) (Age 13+) 7:00 – 8:00 | Teens & Adults (Age 13+) 7:05 – 7:50 | Black Belt & Sparring Team 7:00 – 8:00 | Leadership Team Instructor Training 6:30-7:00 | Black Belt (2 nd degree & up) & Sparring Team 12:10 – 1:00 |
| Teens & Adults (Age 13+) 7:50 – 8:35 | PRIVATE LESSONS | Black Belt Training 7:50 – 8:35 | Black Belt Candidate 8:00 – 8:35 | | BIRTHDAY PARTIES |