

# SPARTA TAE KWON DO

CLASS SCHEDULE - EFFECTIVE Sept. 6, 2016

| TIME         | MON                                   | TUE                                   | WED                                   | THU                                   | FRI   | SAT       | SUN                       |  |  |
|--------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---|-----------|---------------------------|--|--|
| 9:00-9:30    |                                       |                                       |                                       |                                       |   | All Belts | 9:30-11:30<br>Team Sparta |  |  |
| 9:30-10:00   |                                       |                                       |                                       |                                       |   |           |                           |  |  |
| 10:00 -11:00 |                                       |                                       |                                       |                                       |   |           |                           |  |  |
| 11:00 -12:00 |                                       |                                       |                                       |                                       |   |           |                           |  |  |
| 4:00         | Jr-Blue to Black<br>4:00 - 4:45       | Tiny Titans<br>4:00-4:30              | Jr-Blue to Black<br>4:00 - 4:45       | Tiny Titans<br>4:00-4:30              |   |           |                           |  |  |
| 4:15         |                                       |                                       |                                       |                                       |   |           |                           |  |  |
| 4:30         |                                       | Jr-White to<br>Ylw Adv<br>4:30-5:15   |                                       | Jr-White to<br>Ylw Adv<br>4:30-5:15   |   |           |                           |  |  |
| 4:45         | Tiny Titans<br>4:45 - 5:15            |                                       | Tiny Titans<br>4:45 - 5:15            |                                       |   |           |                           |  |  |
| 5:00         |                                       |                                       |                                       |                                       |   |           |                           |  |  |
| 5:15         | Jr-Orange<br>Green Adv<br>5:15 - 6:00 | Jr-Blue to Black<br>5:15 - 6:00       | Jr-Orange<br>Green Adv<br>5:15 - 6:00 | Jr-Blue to Black<br>5:15 - 6:00       | 5:15 - 6:00<br>White to<br>Orange Adv<br>Open workout |           |                           |  |  |
| 5:30         |                                       |                                       |                                       |                                       |   |           |                           |  |  |
| 5:45         |                                       |                                       |                                       |                                       |   |           |                           |  |  |
| 6:00         | Jr-White to<br>Ylw Adv<br>6:00 - 6:45 | Jr-Orange<br>Green Adv<br>6:00 - 6:45 | Jr-White to<br>Ylw Adv<br>6:00 - 6:45 | Jr-Orange<br>Green Adv<br>6:00 - 6:45 | Green to<br>Black<br>Poomsae<br>6:00 - 7:00           |           |                           |  |  |
| 6:15         |                                       |                                       |                                       |                                       |   |           |                           |  |  |
| 6:30         |                                       |                                       |                                       |                                       |   |           |                           |  |  |
| 6:45         | Adults - All Belts<br>6:45 - 7:45     | Adults - All Belts<br>6:45 - 7:45     | Team Sparta<br>6:45 - 8:00            | Adults - All Belts<br>6:45 - 7:45     | Team Sparta<br>7:00 - 9:00                            |           |                           |  |  |
| 7:00         |                                       |                                       |                                       |                                       |   |           |                           |  |  |
| 7:15         |                                       |                                       |                                       |                                       |   |           |                           |  |  |
| 7:30         |                                       |                                       |                                       |                                       |   |           |                           |  |  |
| 7:45         |                                       |                                       |                                       |                                       |   |           |                           |  |  |
| 8:00         |                                       |                                       |                                       |                                       |   |           |                           |  |  |
| 8:15         |                                       |                                       |                                       |                                       |   |           |                           |  |  |
| 8:30         |                                       |                                       |                                       |                                       |   |           |                           |  |  |

|             |          |  |         |           |  |        |              |
|-------------|----------|--|---------|-----------|--|--------|--------------|
| Tiny Titans | Ages 4-6 |  | Juniors | Ages 6-12 |  | Adults | Ages 13 & Up |
|-------------|----------|--|---------|-----------|--|--------|--------------|

\* Schedule subject to change. Tiny Titan classes are only 30 minutes. 6 years old are subject to evaluation for Tiny Titans or Juniors