

TOTAL TAEKWONDO - CLASS SCHEDULE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:15 to 10:45 AM Tiny Tykes		10:15 to 10:45 AM Tiny Tykes			
	11:00 AM to 11:45 Kids Classes (Beginner-Black Belt)		11:00 AM to 11:45 Kids Classes (Beginner-Black Belt)		10:00 AM to 10:45 Point Sparring	
3:15 PM to 3:45PM Tiny Tykes		3:15 PM to 3:45PM Tiny Tykes		3:15 to 3:45PM Tiny Tykes	11:00 AM to 11:45 Core Sparring Beginners	
4:00 to 4:45 Kids Class	4:00 to 4:45 Kids Class	4:00 to 4:45 Kids Class	4:00 to 4:45 Kids Class	4:00 to 4:45 Kids Class	12:00 to 1:30 Core Sparring Advanced	
5:00 to 5:45 Kids Class Beginner Intermediate Belts (White-Green)	5:00 to 5:45 Kids Class Intermediate Advanced Belts (Blue tip-Red Belt)	5:00 to 5:45 Kids Class Beginner Intermediate Belts (White-Green)	5:00 to 5:45 Kids Class Intermediate Advanced Belts (Blue tip-Red Belt)	5:00 to 6:00 Tournament Olympic Sparring INVITATION ONLY		4:30 to 5:45 TOURNAMENT TRAINING INVITATION ONLY
6:00 to 7:30 Core Sparring Intermediate Advanced	6:00 to 6:30 Tiny Tykes	6:00 to 6:30 Tiny Tykes	6:00 to 6:30 Tiny Tykes			
	6:45 to 7:30 Advanced Belts (RED-BLACK)	6:45 to 7:30 Black Belts (RED-BLACK)	6:45 to 7:30 Advanced Belts (RED-BLACK)			6:00 to 7:30 Tournament Olympic Sparring INVITATION ONLY
7:30 to 8:15 Teens/Adults	7:30 to 8:30 Total Combatives	7:30 to 8:15 Teens/Adults	7:30 to 8:30 Total Combatives			