



# PRO MARTIAL ARTS TAEKWON-DO

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## EVENING TAEKWON-DO SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>KIDS</b> 6:00 PM - 7:00 PM  White Belt to Green Belt  <b>Self Defense</b>	<b>KIDS</b> 6:00 PM - 7:00 PM  Blue Stripe to Red Stripe  <b>Patterns</b>	<b>KIDS</b> 6:00 PM - 7:00 PM  White Belt to Green Belt  <b>Sparring</b>	CLOSED	<b>KIDS</b> 6:00 PM - 7:00 PM  White Belt to Green Belt  <b>Patterns</b>	Saturday Curriculum & times are subject to ongoing changes  Please check with head office for current curriculum	CLOSED
<b>KIDS</b> 7:00 PM - 8:00 PM  Blue Stripe to Black Belt  <b>Self Defense</b>	<b>KIDS</b> 7:00 PM - 8:00 PM  Red Belt to Black Belt  <b>Patterns</b>	<b>KIDS</b> 7:00 PM - 8:00 PM  Blue Stripe to Black Belt  <b>Sparring</b>	CLOSED	<b>ADULTS</b> 7:00 PM - 8:00 PM  White Belt to Green Belt  <b>Patterns</b>	CLOSED	CLOSED
<b>ADULTS</b> 8:00 PM - 9:00 PM  White Belt to Black Belt  <b>Self Defense</b>	<b>ADULTS</b> 8:00 PM - 9:00 PM  Blue Stripe to Black Belt  <b>Patterns</b>	<b>ADULTS</b> 8:00 PM - 9:00 PM  White Belt to Black Belt  <b>Sparring</b>	CLOSED	<b>ADULTS</b> 8:00 PM - 9:00 PM  Black Belts  <b>Patterns</b>	CLOSED	CLOSED

### BELT LEVELS

WHITE BELT	YELLOW STRIPE	YELLOW BELT	GREEN STRIPE	GREEN BELT	BLUE STRIPE	BLUE BELT
		RED STRIPE	RED BELT	BLACK STRIPE	BLACK BELT	