



PRO MARTIAL ARTS TAEKWON-DO

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EVENING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
KIDS 6:00 PM - 7:00 PM White Belt to Green Belt Patterns	KIDS 6:00 PM - 7:00 PM Blue Stripe to Red Stripe Patterns	KIDS 6:00 PM - 7:00 PM White Belt to Green Belt Sparring	KIDS & ADULTS 6:00 PM - 7:00 PM Green Belt to Red Stripe Self Defense	KIDS 6:00 PM - 7:00 PM White Belt to Green Belt Patterns & Self Defense	Class curriculum & times are subject to regular change Please check with Head Office for current schedule	CLOSED
ADULTS 7:00 PM - 8:00 PM White Belt to Green Belt Patterns	KIDS 7:00 PM - 8:00 PM Red Belt to Black Belt Patterns	ADULTS 7:00 PM - 8:00 PM All Belts Self Defense	KIDS 7:00 PM - 8:00 PM Red Belt to Black Belt Self Defense	KIDS 7:00 PM - 8:00 PM Blue Stripe to Black Belt Sparring		
8:00 PM - 9:00 PM Competition Team Training	ADULTS 8:00 PM - 9:00 PM Blue Stripe to Black Belt Patterns	ADULTS 8:00 PM - 9:00 PM Black Belts Patterns	ADULTS 8:00 PM - 9:00 PM All Belts Self Defense	ADULTS 8:00 PM - 9:00 PM All Belts Sparring		

BELT LEVELS

