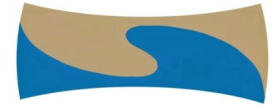




MY FOCUS TAEKWONDO

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KUKKIWON
 WORLD TAEKWONDO HQ

2016 WEEKLY CLASS SCHEDULE (Effective September 26th, 2016)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Privates	2:30~3:30PM	2:30~3:00PM	1:30~3:00PM	2:30~3:00PM	2:30~3:40PM	
3:00PM to 3:30PM		Tiny Tykes 5 & Under	Tiny Tykes 5 & Under	Tiny Tykes 5 & Under		RESERVED FOR
3:40PM TO 4:25PM	Children's Class 12 & Under Blue-St & Above	Children's Class 12 & Under Green-St & Above	Children's Class 12 & Under Blue-St & Above	Children's Class 12 & Under Green-St & Above	3:40 ~ 4:40PM Beginner Sparring Class White to Green-St	Belt Testing
4:30PM TO 5:15PM	Children's Class 12 & Under Green to Blue	Children's Class 12 & Under White to Green	Children's Class 12 & Under Green to Blue	Children's Class 12 & Under White to Green	4:50 ~ 5:50PM Intermediate Sparring Class Blue & Above	School Events
5:20PM TO 6:05PM	Children's Class 12 & Under White to Yellow-st	Demonstration Team Practice (Members Only)	Children's Class 12 & Under White to Yellow-st	5:20 ~ 6:20PM Sparring Class All Belts Equipment Needed	6:00 ~ 7:00PM Sparring Class All Belts Equipment Needed	Private Lessons
6:15PM TO 7:00PM	Family Class All Ages Blue-St & Above	Family Class All Ages White to Blue Belt	Black Belt Club Members Only Inter./Adv. Tech. Blue-St & Above	6:30 ~ 7:30PM Intermediate Sparring Class Blue-St & Above	7:10 ~ 8:10PM Competitive Sparring Class (Members Only).	
7:05PM TO 7:50PM	Black Belt Club Members Only Beginner Tech. White to Blue Belt	Family Class All Ages Blue-St & Above	Family Class All Ages White to Blue Belt	7:40 ~ 8:40PM Adult Class Sport Taekwondo	**We Recommend 2-3x per Week *White Belts may borrow Sparring Gear For Sparring Classes *Nunchucks are required for Black Belt Club Classes *Adult Classes are for ages 13 & Up	
8:00PM TO 8:50PM	ADULT CLASS Traditional TKD	ADULT CLASS Applied TKD	ADULT CLASS Traditional TKD			

"Learning Taekwondo means learning Discipline and Respect!" **"Your Goal is a Black Belt!"**
"Always Finish what you start!" **"Never Give Up!!!"** **"Become a Winner in Life!"**