



MY FOCUS TAEKWONDO

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WORLD TAEKWONDO FEDERATION

(Effective February 5th, 2018)

2018 CLASS SCHEDULE

	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	Black Belt/ Preparation Class Sr. Red & Black	Black Belt Club Members Only Blue-St to Red-St	Black Belt/ Preparation Class Sr. Red & Black	Advanced Class 12 & Under Blue-St to Red-St	4:00 ~ 4:50PM Sparring Class Level 1 Only Equipment Needed	Belt Testing
4:30PM TO 5:15PM	Intermediate Class 12 & Under Green to Blue-St	Beginner Class 12 & Under White to Yellow-St	Intermediate Class 12 & Under Green to Blue-St	Beginner Class 12 & Under White to Yellow-St	5:00 ~ 5:50PM Forms / Poomsae Training Invitation Only	School Events
5:20PM TO 6:05PM	Advanced Class 12 & Under Blue-St to Red-St	Demo Team Practice (MEMBERS ONLY)	Advanced Class 12 & Under Blue-St to Red-St	Sparring Class Level 1 Equipment Needed	6:00 ~ 6:50PM Sparring Class Level 2 Only Equipment Needed	Private Lessons
6:10PM TO 6:55PM	Beginner Class 12 & Under White to Yellow-St	Intermediate Class 12 & Under Green to Blue-St	Beginner Class 12 & Under White to Yellow-St	Intermediate Class 12 & Under Green to Blue-St	7:00 ~ 8:00PM Competitive Sparring Class Level 3 Only.	
7:00PM TO 7:45PM	Sparring Class Level 1, 2 & 3 Equipment Needed	Black Belt/ Preparation Class Sr. Red & Black	Black Belt Club Members Only Green to Red-St	Black Belt/ Preparation Class Sr. Red & Black	**We Recommend 2-3x per Week *Nunchucks are required for Black Belt Club & Preparation Classes *Adult Classes are for ages 13 & Up Level 1—All Color Belts Level 2—Adult and Black Belt Level 3—Competitive Team	
7:50PM TO 8:40PM	TEEN / ADULT CLASS All Belts	TEEN / ADULT CLASS All Belts	TEEN / ADULT CLASS All Belts	Sparring Class Level 2 & 3 Equipment Needed		