



MY FOCUS TAEKWONDO

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2019 CLASS SCHEDULE

(Effective January 7th, 2019)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:10PM to 3:40PM	Private Lessons	Tiny Tykes 6 & Under	Tiny Tykes 6 & Under	Private Lessons	Private Lessons	RESERVED FOR
3:50PM TO 4:35PM	Black Belt/ Preparation Class Red-St to Black	Advanced Class 12 & Under Blue-St to Red	Black Belt Training Black Belts Only	Black Belt Program Brown-St to Black Equipment Needed	3:50 ~ 4:40PM Sparring Class Black Belt Club Equipment Needed	Belt Testing
4:40PM TO 5:25PM	Intermediate Class 12 & Under Green to Blue	Beginner Class 12 & Under White to Yellow-St	Black Belt Program Green to Brown Equipment Needed	Basic Program 12 & Under White to Blue	4:50 ~ 5:35PM Elite Training Sport Poomsae	School Events
5:30PM TO 6:15PM	Advanced Class 12 & Under Blue-St to Red	Demo Team Practice (MEMBERS ONLY)	Black Belt Program Brown-St to Sr. Red Equipment Needed	Sparring Class Black Belt Club Equipment Needed	5:40 ~ 6:30PM Sparring Class Black Belt Club Equipment Needed	Private Lessons
6:20PM TO 7:05PM	Beginner Class 12 & Under White to Yellow-St	Intermediate Class 12 & Under Green to Blue-St	Basic Program 12 & Under White to Blue	Black Belt Program Green to Brown Equipment Needed	6:40 ~ 7:30PM Elite Training Olympic Sparring Equipment Needed	Birthday Parties
7:10PM TO 7:55PM	Elite Training Olympic Sparring Equipment Needed	Black Belt/ Preparation Class Red-St to Black	Elite Training Sport Poomsae	Black Belt Mastery Instructor Education	Private Lessons	
8:00PM TO 8:50PM	TEEN / ADULT Traditional TKD All Belts	TEEN / ADULT Traditional TKD All Belts	TEEN / ADULT Self Defense & Combatives	TEEN / ADULT Taekwondo Sparring Equipment Needed		



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