



JUNG KO TAEKWONDO ACADEMY SCHEDULE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 – 1:00	12:00 – 1:00	12:00 – 1:00	12:00 – 1:00	12:00 – 1:00		
OPEN TRAINING	ADULT FITNESS CLASS	OPEN TRAINING	ADULT FITNESS CLASS	OPEN TRAINING		
4:15 – 4:45	4:15 – 4:45	4:15 – 4:45	4:15 – 4:45	4:00 – 4:30	11:00 – 11:30	11:00 – 11:30
~TINY TIGER TOTS~ 3-5 Years ONLY	~TINY TIGER TOTS~ 3-5 Years ONLY	~TINY TIGER TOTS~ 3-5 Years ONLY	~TINY TIGER TOTS~ 3-5 Years ONLY	~TINY TIGER TOTS~ 3-5 Years ONLY	~TINY TIGER TOTS~ 3-5 Years ONLY	~TINY TIGER TOTS~ 3-5 Years ONLY
4:45 -5:30	4:45 -5:30	4:45 -5:30	4:45 -5:30	4:30 – 5:15	11:30 – 12:15	11:30 – 12:15
WHITE BELT Yellow Stripe Yellow	Green Stripe Green Blue Stripe	(SPARRING) Blue Red Stripe Red Black Stripe	Green Stripe Green Blue Stripe	WHITE BELT Yellow Stripe Yellow Green Stripe	WHITE BELT Yellow Stripe Yellow Green Stripe	WHITE BELT Yellow Stripe Yellow Green Stripe
5:30 – 6:15	5:30 – 6:15	5:30 – 6:15	5:30 – 6:15	5:15 – 6:00	12:15 – 1:00	12:15 – 1:00
(SPARRING) Green Stripe Green Blue Stripe	Blue Red Stripe Red Black Stripe	WHITE BELT Yellow Stripe Yellow	Blue Red Stripe Red Black Stripe	(SPARRING) Green To Red	(SPARRING) Green to Red	(SPARRING) Green To BLACK BELT
6:15 – 7:00 (SPARRING) Blue Red Stripe Red Black Stripe	6:15 – 7:00 WHITE BELT Yellow Stripe Yellow	6:15 – 7:00 (SPARRING) Green Stripe Green Blue Stripe	6:15 – 7:00 WHITE BELT Yellow Stripe Yellow	6:00 – 6:45 (SPARRING) Black Stripe BLACK BELT	1:00 – 1:45 (SELF DEFENCE / PATTERNS) Black Stripe BLACK BELT	1:00 – 2:00 Family & Adult Class Advanced Black Belt 2 nd Dan + KENDO ROOM
7:00 – 8:00 GRAPPLING & TAKEDOWN SPARRING BLACK BELT	7:00 – 8:00 JR. BLACK BELT MUAY THAI BOXING	7:00 – 7:45 PATTERNS & SPARRING BLACK BELTS	7:00 – 7:45 PATTERNS & NUNCHUCKS BLACK BELTS	6:45 – 7:45 Family & Adult Class	1:45 – 2:30 Family & Adult Class	BIRTHDAY PARTIES Reserve today!
8:00 – 9:00 ALL BELTS ADULTS	8:00 – 8:45 ALL BELTS ADULTS	7:45 – 8:45 ALL BELTS ADULTS	7:45 – 8:45 ALL BELTS ADULTS	7:45 – 9:45 Tournament Prep Class *BY INVITATION ONLY*	2:30 – 4:30 Tournament Prep Class *BY INVITATION ONLY*	
9:00 – 9:30 OPEN TRAINING	8:45 – 9:30 ADULT MUAY THAI BOXING		8:45 – 9:30 OPEN TRAINING		BIRTHDAY PARTIES Reserve today!	

TIGER TOTS ages 3-5 JUNIORS ages 6-12 TEEN/ADULTS 13+/FAMILY SPECIAL CLASSES

YRDSB & TDSB P.A. DAY CAMP!

- Taekwondo
- Games
- Crafts
- Pizza lunch

MARCH BREAK CAMP 2016!
MAR 14TH -18TH
REGISTER TODAY!

SPACE IS LIMITED

BIRTHDAY PARTIES!

Invite all your friends and celebrate your next Birthday with **JUNG KO TAEKWONDO**

Be the Star in front of all your friends at your Party!

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