



JUNG KO TAEKWONDO ACADEMY SCHEDULE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	12:00 – 1:00 ADULT FITNESS CLASS		12:00 – 1:00 ADULT FITNESS CLASS			
4:15 – 4:45 ~TINY TIGER TOTS~ 3-5 Years ONLY	4:15 – 4:45 ~TINY TIGER TOTS~ 3-5 Years ONLY	4:15 – 4:45 ~TINY TIGER TOTS~ 3-5 Years ONLY	4:15 – 4:45 ~TINY TIGER TOTS~ 3-5 Years ONLY	4:00 – 4:30 ~TINY TIGER TOTS~ 3-5 Years ONLY	11:00 – 11:30 ~TINY TIGER TOTS~ 3-5 Years ONLY	11:00 – 11:30 ~TINY TIGER TOTS~ 3-5 Years ONLY
4:45 -5:30 WHITE BELT Yellow Stripe Yellow	4:45 -5:30 Green Stripe Green Blue Stripe	4:45 -5:30 (SPARRING) Black Stripe Red Stripe Red Blue	4:45 -5:30 Green Stripe Green Blue Stripe	4:30 – 5:15 WHITE BELT Green Stripe Yellow Yellow Stripe	11:30 – 12:15 WHITE BELT Green Stripe Yellow Yellow Stripe	11:30 – 12:15 WHITE BELT Green Stripe Yellow Yellow Stripe
5:30 – 6:15 (SPARRING) Green Stripe Green Blue Stripe	5:30 – 6:15 Black Stripe Red Stripe Red Blue	5:30 – 6:15 WHITE BELT Yellow Stripe Yellow	5:30 – 6:15 Black Stripe Red Stripe Red Blue	5:15 – 6:00 (SPARRING) Green To Red	12:15 – 1:00 (SPARRING) Green to Red	12:15 – 1:00 (SPARRING) Green To BLACK BELT
6:15 – 7:00 (SPARRING) Black Stripe Red Stripe Red Blue	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*	Don't forget to scan your attendance card at every class! 1 class = 1 point! Earn prizes!
					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
2017!**

**MAR 13TH -17TH
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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