JUNG KO TAEKWONDO ACADEMY SCHEDULE

master@jungko.com 905-886-7753 www.jungko.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:30 – 1:30 BOXING CLASS		12:30 – 1:30 BOXING CLASS		12:30 – 1:30 BOXING 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 2nd 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 SPARRING	1:45 – 2:30 Family & Adult Class	BIRTHDAY PARTIES Reserve today!
8:00 – 9:00 ALL BELTS ADULTS SPARRING	8:00 – 8:45 ALL BELTS ADULT TKD / BOXING	7:45 – 8:45 ALL BELTS ADULTS SPARRING	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* BIRTHDAY PARTIES Reserve today!	Don't forget to scan your attendance card at every class! 1 class = 1 point! Earn prizes!

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

AFTERSCHOOL TKD PROGRAM

- Taekwondo
- Games
- Crafts
- Homework Help

SUMMER CAMP!

JUL 3rd – AUG 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!

LIKE US ON FACEBOOK!

www.facebook.com/JungKoTaekwondo