



Y H Park Olympic TaeKwonDo

Respect • Humility • Perseverance • Self Control • Honesty

“One Family, One Vision”

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00-4:30	Little Tigers (3-5 yrs old)		Little Tigers (3-5 yrs old)		Little Tigers (3-5 yrs old)	9:00- 10:00 Cardio Kickboxing
4:30-5:15	Children White & Yellow Belts	Children Orange, Green, Blue, Purple Belts	Children White, Yellow, Orange, Green Belts	Children Orange, Green, Blue, Purple Belts	Children All Belts	10:00- 10:45 Children All Belts
5:15-6:00	Children Orange, Green, Blue, Purple Belts	Children White & Yellow Belts	Children Sparring	Children White & Yellow Belts	Adult & Teen All Belts	10:45- 11:45 Deputy & Black Belt Class
6:00-6:45	Children Red, Brown, Red/Black, Deputy, Black Belts	Children Red, Brown, Red/Black, Deputy, Black Belts	Children Blue, Purple, Red, Brown, Red/Black, Deputy, Black Belts	Children Red, Brown, Red/Black, Deputy, Black Belts	Private Lesson	11:45- 12:45 Adult & Teen All Belts
6:45-7:45	Adult & Teen All Belts	Adult & Teen All Belts	Adult & Teen All Belts	Adult & Teen All Belts	Private Lesson	12:45- 1:45 Demo Team
7:45-8:45	Private Lesson	Cardio Kickboxing	Private Lesson	Cardio Kickboxing		Private Lesson

Deputy and Black Belts may come to any class to help assist and train.

***Sparring will be integrated in regular class for students Orange Belt and above for Adult/Teen class and Children Red Belt and above.**

Please come prepared for class:

- Students should arrive 10 minutes before class to stretch and warm up
- All students Orange Belt and above **must** attend Sparring class

Parent Conferences are available upon request, and recommended once every three months to effectively integrate your child's training with other goals.

The Dojang is available for Birthday Parties Saturday after Demo Team with appropriate notice.