



SPARTA TAEKWONDO

CLASS SCHEDULE EFFECTIVE FEBRUARY 1, 2022
 Tel No: (925) 938 - 5300 Email: Info@spartatk.com
 Website: www.spartatk.com

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9:00						Adults (All belts) Juniors (Blue & Up)	
10:00							
10:00						Jr (White-Green)	
10:45							
						C/D	
11:00						Team Sparta	
12:30							
3:30	Tiny Titans	Tiny Titans	Tiny Titans	Tiny Titans			
4:00							
4:00	Jr -Green to Black	Jr-White	Jr -Green to Black	Jr-White			
4:45							Break
5:00	Jr-Yellow to Orange Adv	Jr -Green to Black	Jr-Yellow to Orange Adv	Sport Tkd 5:00-6:30 (Yellow & Up) (Sparring)	5:30-6:30 Poomsea (Green & Up)		
5:45							
5:45	Jr-White	Jr-Yellow to Orange Adv	Jr-White		6:30 - 8:00 Team Sparta		
6:30						Break	
6:45	Adults - All belts	Adults - All belts	Adults - All belts (Adult & Team Sparta) 6:45 - 8:00 pm	Adults - All belts			
7:45							
Pre-Titan		Tiny Titans	Ages 4-6	Juniors	Ages 6-12	Adults	Ages 13 & Up