



SPARTA TAE KWON DO

CLASS SCHEDULE -March 2020

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TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:30 - 9:00							Pre-Titan
9:00-9:30						Pre-Titan	9:15-11:15 Team Sparta
9:30-10:00						Tiny Titans	
10:00-11:00						Junior to Adults (All Belts)	
11:15-12:00						Jr. - Adults (White - Yellow Adv)	
3:30-4:00		Intro Session	Intro Session				
4:00	(M/W) Tiny Titans	(T/Th) Tiny Titans	(M/W) Tiny Titans	(T/Th) Tiny Titans			
4:30	4:00 - 4:30	4:00 - 4:30	4:00 - 4:30	4:00 - 4:30			
4:30	Jr-Green to Black 4:30 - 5:15	Jr-White 4:30-5:15	Jr-Green to Black 4:30 - 5:15	Jr-White 4:30-5:15			
5:15					Intro Session		
5:15	Jr-Yellow Orange 5:15 - 6:00	Jr-Green to Black 5:15 - 6:00	Jr-Yellow Orange 5:15 - 6:00	Jr - Yellow to Black (Sparring Class) 5:15 - 6:45	Open Workout 5:30-6:15		
6:00							
6:00	Jr-White 6:00-6:45	Jr-Yellow Orange 6:00 - 6:45	Jr-White 6:00-6:45		Poomsae (Orange to Black) 6:15 - 7:00		
6:45							
6:45	Team Sparta 6:45 - 8:30	Adults - All Belts 6:45 - 7:45	Red to Black Class 6:45 - 7:45	Adults - All Belts 6:45 - 7:45			
7:00							
7:45						Team Sparta 7:00 - 8:45	
8:30							

Pre-Titan	Ages 3-4	Tiny Titans	Ages 4-6	Juniors	Ages 6-12	Adults	Ages 13 & Up
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** Schedule subject to change. Pre & Tiny Titan classes are 30 min classes. 4 years old are subject to evaluation for Pre or Tiny Titan; 6 years old are subject to evaluation for Tiny Titans or Juniors*