



SPARTA TAEKWONDO

CLASS SCHEDULE EFFECTIVE JUNE 1, 2021

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TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9:00						Adults (All belts) Juniors (Blue & Up)	9:00-11:30 Team Sparta
10:00							
10:00						Jr (White-Green)	
10:45							
						C/D	
11:00							
12:00							
3:30	Tiny Titans	Tiny Titans	Tiny Titans	Tiny Titans	5:00-5:30 Open Workout		
4:00							
4:00	Jr -Green to Black	Jr-White	Jr -Green to Black	Jr-White			
4:45							
Cleaning and disinfection (C&D)							
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							
(C&D)							
6:45	Adults - All belts	Adults - All belts	Adults - All belts	Adults - All belts			
7:45							

Pre-Titan		Tiny Titans	Ages 4-6	Juniors	Ages 6-12	Adults	Ages 13 & Up
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