



SPARTA TAE KWON DO

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CLASS SCHEDULE (Oct. 1, 2025)

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:30						Team Sparta	
9:00							
10:00							
10:30							
10:30						Combined Adults & Juniors	
11:30							
2:30	Intro Lesson 2:30-3:00	Intro Lesson 2:30-3:00	Intro Lesson 2:30-3:00	Intro Lesson 2:30-3:00			
3:00							
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	4:15-4:45 Intro Lesson		
4:45							
5:00	Jr-Yellow Orange Adv	Jr-Green to Black	Jr-Yellow Orange Adv	Sport Tkd (Yellow & Up) (Sparring) Black Sparring 5:00-6:30	Open Workout 5:00-5:30		
5:30							
5:45	Jr-White	Jr-Yellow Orange Adv	Jr-White		Poomsae		
6:30							
6:45	Adults - All Belts	Adults - All Belts	All belts (Adults & Team Sparta)	Adults - All Belts	Team Sparta (6:30-8:00)		
7:45							
8:00							

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