

Joung's TaeKwonDo Schedule

	MON	TUES	WED	THURS	FRI	SAT
AM 9:00 ~ 9:45	Self-defense Taekwondo		Self-defense Taekwondo		Self-defense Taekwondo	
PM 02:05 ~ 05:00	After School Program					Birthday parties available on Saturdays
03:50 ~ 04:30	Kids Ages 3-5 Ages 6-7		Kids Ages 3-5 Ages 6-7		Breaking Board day (for ages 6+)	Joung's TKD Demo Team
04:40 ~ 05:25	Children White-yellow	Children Oragne-brown	Children White-yellow	Children Oragne-brown	All children Breaking Board/Sparring day	Private class
05:30 ~ 06:15	Red/Black Belt Class	Red/Black Belt Class	Red/Black Belt Class	Red/Black Belt Class	Black belt Breaking board / sparring day	
06:20 ~ 07:00	Beginner's Taekwondo Class		Beginner's Taekwondo Class		Beginner's Taekwondo Class	
07:10 ~ 07:50	Kick boxing	Kick boxing		Kick boxing		
08:10 ~ 08:55	Adults Taekwondo Class	Adults Taekwondo Class		Taekwondo Sparring day Adults		

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