



HIGHKICKS TAEKWONDO INDOOR CLASS SCHEDULE

Effective as of February, 2022

		Monday	Tuesday	Wednesday	Thursday	Friday
12:00 - 12:40 PM	Main Room 1 & 2	All Belts Class	Pre-School Class (Ages 3, 4, & Parents)	All Belts Class		All Belts Class
5:00 - 5:40 PM	Main Room 1 & 2	Intermediate, Advanced, & Black Belts (Green Stripe - Black)	Beginners (White - Green)	Intermediate, Advanced, & Black Belts (Green Stripe - Black)	Beginners (White - Green)	Intermediate, Advanced, & Black Belts (Green Stripe - Black)
	Tiger Room	Tiny Tigers (Ages 4-6)	Tiny Tigers (Ages 4-6)	Tiny Tigers (Ages 4-6)	Tiny Tigers (Ages 4-6)	Tiny Tigers (Ages 4-6)
5:50 - 6:30 PM	Main Room 1 & 2	Beginners (White - Green)	Intermediate, Advanced, & Black Belts (Green Stripe - Black)	Beginners (White - Green)	Intermediate, Advanced, & Black Belts (Green Stripe - Black)	Beginners (White - Green)
	Tiger Room	Tiny Tigers (Ages 4-6)	Tiny Tigers (Ages 4-6)	Tiny Tigers (Ages 4-6)	Tiny Tigers (Ages 4-6)	Tiny Tigers (Ages 4-6)
6:40 - 7:20 PM	Main Room 1	Sparring Team (Invitation only)	Black Belts	Sparring Team (Invitation only)	Black Belts	Demo Team (Invitation only)
	Main Room 2	Beginners (White - Green)	Beginners (White - Green)	Beginners (White - Green)	Beginners (White - Green)	
	Tiger Room	Gumdo		Gumdo	Poomse Team 1 (Invitation only)	
7:30 - 8:10 PM	Main Room 1 & 2	Kickboxing	Kickboxing	Kickboxing	Kickboxing	
	Tiger Room				Poomse Team 2 (Invitation only)	
Saturday						
10:00 - 10:50 AM	Main Room 1 & 2	All Belts Class				
10:50 - 11:30 AM	Main Room 1 & 2	Tiny Tigers (Ages 4-6)				
10:50 AM - 12:20 PM	Tiger Room	Poomse Team All (Invitation only)				