## **Highkicks Taekwondo Class Schedule**

Effective October 2023

		Monday	Tuesday	Wednesday	Thursday	Friday
200 – 1240 PM	Main Room 1 & 2	All Belt Class		All Belt Class		All Belt Class
		(7 yrs & older)		(7 yrs & older)		(7 yrs & older)
500 – 540 PM	Main Room 1	Advanced &	Beginner	Advanced &	Beginner	Advanced &
		Black Belt	(White – Green)	Black Belt	(White – Green)	Black Belt
	Main Room 2	(Brown – Black)	Intermediate	(Brown – Black)	Intermediate	(Brown – Black
			(Green Stripe –		(Green Stripe –	
			Blue Stripe)		Blue Stripe)	
	Tiger Room	Tiny Tigers				
		(Ages 4 - 6)				
550 – 630 PM	Main Room 1	Beginner	Advanced &	Beginner	Advanced &	Beginner
		(White – Green)	Black Belt	(White – Green)	Black Belt	(White – Green)
	Main Room 2	Intermediate	(Brown – Black)	Intermediate	(Brown – Black)	Intermediate
		(Green Stripe –		(Green Stripe –		(Green Stripe –
		Blue Stripe)		Blue Stripe)		Blue Stripe)
	Tiger Room	Tiny Tigers				
		(Ages 4 - 6)				
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640 – 720 PM	Main Room 1	Sparring Team	Black Belt	Sparring Team	Black Belt	Demo Team
	Main Room 2				Poomse Team	
	Main Room 2				(Beginner)	
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	Tiger Room	All Belt Class	All Belt Class	All Belt Class	All Belt Class	
		(7 yrs & older)				
730 – 810 PM	Main Room 1 &2	Teen/Adult TKD	Gumdo	Teen/Adult TKD	Gumdo	
	Tiger Room				Poomse Team	
					(Advanced)	
Catandan	1					
Saturday	Main Room 1 & 2	All Belt Class	1			
1000 – 1050 AM	Main Room 1 & 2					
1050 1130 135	M ' D 100	(7 yrs & older)	-			
1050 – 1130 AM	Main Room 1 & 2	Tiny Tigers				

(Ages 4 - 6)