

Highkicks Taekwondo Class Schedule

Effective October 2023

| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|-----------------|----------------------------------------------|----------------------------------------------|----------------------------------------------|----------------------------------------------|----------------------------------------------|
| 1200 – 1240 PM | Main Room 1 & 2 | All Belt Class (7 yrs & older) | | All Belt Class (7 yrs & older) | | All Belt Class (7 yrs & older) |
| 500 – 540 PM | Main Room 1 | Advanced & Black Belt (Brown – Black) | Beginner (White – Green) | Advanced & Black Belt (Brown – Black) | Beginner (White – Green) | Advanced & Black Belt (Brown – Black) |
| | Main Room 2 | | Intermediate (Green Stripe – Blue Stripe) | | Intermediate (Green Stripe – Blue Stripe) | |
| | 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) |
| 550 – 630 PM | Main Room 1 | Beginner (White – Green) | Advanced & Black Belt (Brown – Black) | Beginner (White – Green) | Advanced & Black Belt (Brown – Black) | Beginner (White – Green) |
| | Main Room 2 | Intermediate (Green Stripe – Blue Stripe) | | Intermediate (Green Stripe – Blue Stripe) | | Intermediate (Green Stripe – Blue Stripe) |
| | 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) |
| 640 – 720 PM | Main Room 1 | Sparring Team | Black Belt | Sparring Team | Black Belt | Demo Team |
| | Main Room 2 | | | | Poomse Team (Beginner) | |
| | Tiger Room | All Belt Class (7 yrs & older) | All Belt Class (7 yrs & older) | All Belt Class (7 yrs & older) | 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) | |
| Saturday | | | | | | |
| 1000 – 1050 AM | Main Room 1 & 2 | All Belt Class (7 yrs & older) | | | | |
| 1050 – 1130 AM | Main Room 1 & 2 | Tiny Tigers (Ages 4 - 6) | | | | |