

TAE COLE TKD JANUARY 2026



SUNDAY
NINJA SKILLS

MONDAY
FORMS/KICKS

TUESDAY
SP & BASICS

WEDNESDAY
FORMS

THURSDAY
AGILITY / OBSTACLE

FRIDAY
FUN DAY

SATURDAY
SP/REVIEW



HAPPY NEW YEAR!

4:10pm Pee Wee
5pm Juniors (55)
6pm Super Juniors (55)
7:30 Teen & Adult (1hr)

10am 3-6yr
****10:45am (45)**
White & High white belts
SPARRING CLASS
11:30am Juniors 55min
12:30 SJ/Teen/Adults

10am Pee Wee Ninja Class
11-12pm 7yrs & Up (1hr)

Black Belt Ceremony
6-8:30pm

5pm Juniors Basics (45)
5:45pm Juniors SP (45)
6:30 SJ Basics (45)
7:15 SJ SP (45)
8pm Teen and Adult

4:10pm Pee Wee
5pm JUNIOR WT-Yellow
5:45pm JUNIORS HY^
6:30 Super Juniors(45)
7:15 Black Belt SWO
8pm Teen & Adult

5pm Juniors WT-HW(45)
6pm Juniors (45)
7pm SJ (1hr)
8pm Teen & Adults 1hr

4:10pm Pee Wee
5pm Juniors (55)
6pm Super Juniors (55)
7:30 Teen & Adult(1hr)

10am 3-6yr
****10:45am (45)**
White & High white belts
SPARRING CLASS
11:30am Juniors 55min
12:30 SJ/Teen/Adults 90

10am Pee Wee Ninja Class
11-12pm 7yrs & Up (1hr)

4:10pm Pee Wee
5pm Juniors 55
6pm Super Juniors 55
7pm Black Belts 90

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7pm SJ (1hr)
8pm Teen & Adults 1hr

4:10pm Pee Wee
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7:30 Teen & Adult(1hr)

GOOD LUCK TEAM WORLD CUP CHAMPIONSHIPS

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7:15 SJ SP (45)
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516-739-7699

2026 SUMMER CAMP ENROLLMENT NOW OPEN!

taecoletkd.com