

Class Schedule updated Fall 2026

We want students to participate an average of 2 classes/week.
Junior Program may participate in UP TO 3 classes a week.

Jrs with sparring gear may participate in up to 3 M-Th classes,
AND also participate in their Friday Gear Up sparring fun class.
Teen/Adult students may participate in all their class options.
Friday sparring is casual clothes (shorts, sweats, t-shirt & sparring gear)

Holidays, special events, belt testing may impact the schedule;
double check the most current calendar before heading to HTA.

Dragons/Ninjas: ages 4 & 5

Junior Program (Jrs): ages 6-12

Teen/Adult Classes: ages 13 - adults & all 2nd Deg Sr BB

Ages 10 -12 who are tall, may excel in the teen/adult class instead.

IMPORTANT DETAILS

Travelling? You can still participate in your class via Zoom if you let us know

•Appropriate HTA uniform is required for M-Th classes•

BRING Your **FULL WATER BOTTLE** (plain water only)

Students should rest at home if they are ill, contagious or overly tired.

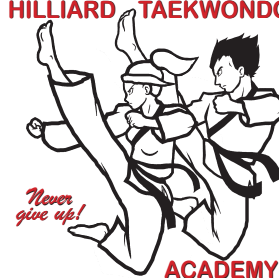
Healthy, well-rested students have more energy & focus, are better prepared to learn, and have way more fun in class!

MATCH YOUR BELT TO THE COLOR BLOCKS IN THE CLASS DAYS/TIMES:
After testing, your new belt rank (and/or age) may change your class options.

Instructors & those training to become instructors; we have a 6:00 pm Friday class for you!

Green & Sr Green Jrs have 2 class options to choose between on M - W - Th

HILLIARD TAEKWONDO



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30	4:30 1st - 2nd Dec BB age 6-12, name on belt	4:30 White- Sr Green Belts Jrs & New students, age 6-12	4:30 Red - Rec BB Jrs, age 6-12	4:30 Green-Sr Brown Jrs, age 6-12	4:30 Private lessons as needed, by appointment
4:45					
5:00	1 st Dec - 2 nd Dec				
5:15	5:15 White- Sr Green Belts Jrs & New students, age 6-12	5:15 Dragons/Ninjas age 4 & 5 30 minutes • T & Th	5:15 Purple-Sr Brown Jrs, age 6-12	5:15 Dragons/Ninjas age 4 & 5 30 minutes • T & Th	5:15 Gear up!*
5:30					45-minutes of Sparring FUN! shorts, sweats, tshirts -no uniforms Ages 6-12 Orange - BB w/sparring gear
5:45					
6:00	6:00 Red - Rec BB Jrs, age 6-12	6:00 Purple-Sr Red Jrs, age 6-12	6:00 1st - 2nd Dec BB age 6-12, name on belt come in 5:45; spar with previous class	6:00 White- Sr Green Belts Jrs & New students, age 6-12	6:00 Instr & Trainees, and Black Belts working toward becoming instructor2 (work on/ review old forms, teaching skills & more) casual clothes
6:15			1 st Dec - 2 nd Dec		
6:30					
6:45	6:45 Green-Sr Brown Jrs, age 6-12	6:45 All Black Belt Jrs, age 6-12 come in 6:30; spar with previous class	6:45 White- Sr Green Belts Jrs & New students, age 6-12	6:45 Red-2nd Dec BB Jrs, age 6-12	6:30 Gear up!*
7:00					60-minutes of Sparring FUN! shorts, sweats, tshirts -no uniforms Teen/Adult Class & all 2nd Sr w/sparring gear
7:15					
7:30	7:30 Teen/Adult All Ranks & Jrs 2nd Sr BB 60-minute class	7:30 Teen/Adult All Ranks & Jrs 2nd Sr BB 60-minute class	7:30 Teen/Adult All Ranks & Jrs 2nd Sr BB 60-minute class	7:30 Teen/Adult All Ranks & Jrs 2nd Sr BB 60-minute class	*Sparring Note: Sparring students ages 10-12 who are in the Junior Program, but are tall may have a better experience in the 6:30 sparring class and should talk with Ms. Thompson
7:45					
8:00					
8:15					
8:30					