

HIGH KICK TAE KWON DO - LESSON SCHEDULE

Current as of 9/2018

GROUP/AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LIL' DRAGONS 3-4 YRS	————	3:30-4:00 PM	————	3:30-4:00 PM	PRIVATE LESSONS AVAILABLE	————
YOUTH (5-12) WHITE BELTS	————	5:00-5:45 PM	————	5:00-5:45 PM		10:00-11:00 AM
YOUTH (5-12) YEL-H.ORANGE	5:45-6:30 PM	5:45-6:30 PM	4:15-5:00 PM	5:45-6:30 PM		10:00-11:00 AM
YOUTH (5-12) GREEN - H.PURPLE	6:30-7:15 PM	4:15-5:00 PM	6:30-7:15 PM	4:15-5:00 PM		10:00-11:00 AM
YOUTH (5-12) BROWN - BLACK	4:15-5:00 PM	6:30-7:15 PM	5:00-5:45 PM	6:30-7:15 PM		10:00-11:00 AM
YOUTH SPARRING	5:00-5:45 PM	————	5:45-6:30 PM	————		————
ADULT (13+) ALL BELTS	7:15-8:15 PM	7:15-8:15 PM	7:15-8:00 PM	7:15-8:15 PM		11AM - NOON
ADULT (13+) SPARRING	————	————	8:00-8:45 PM	————	————	————

BBC SPECIAL CLASSES *UPGRADE REQUIRED	Classes include: -Weapons training varies by session. -Self-Defense maneuvers. -Extra stripe training / testing.	UP TO 3X PER MONTH 9:30-10:00 AM
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BUDDY DAY	THIRD THURSDAY OF EVERY MONTH BRING A FRIEND TO CLASS!	5:00-5:45 PM
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MISSED CLASSES CAN BE MADE UP THE FOLLOWING WEEK.

ON TIME POLICY *ARRIVE 10 MINS EARLY *IF LATE, WAIT TO BE PERMITTED INTO CLASS *WEAR CLEAN,NEAT UNIFORM *QUIETLY PREPARE FOR CLASS *FOLLOW SCHOOL RULES *BE A ROLE MODEL IN OUR COMMUNITY	FORMULA FOR SUCCESS *ATTEND CLASSES 2-3X PER WEEK *ATTEND SPARRING 1X PER WEEK * PRACTICE AT HOME * BELIEVE IN YOURSELF	PRIVATE LESSONS AVAILABLE BY APPOINTMENT *ONE-ON-ONE INSTRUCTION *TAILORED LESSONS *HONE YOUR SKILLS & BUILD CONFIDENCE
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SIGN UP FOR UPDATES! TEXT THE MESSAGE @HKTkd TO 81010

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