



# NEW Class Schedule

umsKICK.com

Effective: Jan. 29 2018 Monday

* Children's Taekwondo Classes * (3 -10 years olds.)						
	Mon	Tue	Wed	Thr	Fri Olympic Sparring	Sat
No belt, White	5:40 – 6:20	5:35 - 6:15	5:15 – 5:55	6:20 - 7:00	5:10 – 5:55 Child 5 – 8 years old	11:55-12:40
Yellow, Orange,	5:40 – 6:20	5:35 - 6:15	5:15 – 5:55	6:20 - 7:00		
Green, Purple	5:40 – 6:20	5:35 - 6:15	5:15 – 5:55	6:20 - 7:00		
Blue, Super Blue		6:15 – 7:00	5:55 – 6:35	6:20 - 7:00	5:55 – 6:40 9 years & up	11:15 – 11:55
Brown, S-Brown Red, S-Red, Semi S-Semi, Black Belt		6:15 – 7:00	5:55 – 6:35	5:40 – 6:20		
Dragon All (5 – 6 years)	5:05 – 5:40		4:40 – 5:15	5:05 – 5:40		
Little Tigers (3 – 4 years)		5:05 - 5:35			4:40 – 5:10	10:10 - 10:40
<b>Dream Team</b>						<b>1:30 – 3:00</b>

## Adult, Family, Teens Class

	Mon	Tue	Wed	Thr	Fri	Sat
Adults Taekwondo	7:05 – 7:50		7:05 – 7:50		6:40 – 7:25	11:55-12:40
Family Taekwondo	7:05 – 7:50		7:05 – 7:50		6:40 – 7:25	11:55 – 12:40
Teens 11-16yrs Taekwondo	6:20 - 7:05		6:30 - 7:10		5:55 – 6:40	
Adult Hapkido		7:00 – 7:45		7:00 – 7:45		11:55-12:40 open mat
Family Hapkido		7:00 – 7:45		7:00 – 7:45		

### \*CLASS ATTENDANCE NOTES\*

- Students are allowed to take one class per day.
- Dragons & older student may take family class only if they practice with family member. 5 yrs. & up