



NEW Class Schedule

umsKICK.com

Effective: September 6, 2019

* Children's Taekwondo Classes * (3 -10 years olds.)

	Mon	Tue	Wed	Thr	Fri Olympic Sparring	Sat
No belt, White	5:45 – 6:25	5:45 – 6:25	5:55 – 6:35	5:45 – 6:25	7-9 yrs 5:20 – 6:00 10 yrs & Up 6:00 – 6:45	11:50-12:35
Yellow, Orange, Green, Purple, Blue	5:45 – 6:25	5:45 – 6:25	5:55 – 6:35	5:45 – 6:25		
S.Blue, Brown, Red, S.Red, Semi, S.Semi, Black		6:25 – 7:05	5:15 – 5:55	6:25 - 7:05		11:10-11:50
Dragon All (5 – 6 years)	5:10-5:45	5:10 – 5:45		5:10 – 5:45	4:45-5:20	10:35 - 11:10
Little Tigers (3 – 4 years)			4:45 – 5:15			10:05 - 10:35
After School Taekwondo	4:30 -5:10	4:30 -5:10		4:30 -5:10		
Dream Team						1:30 – 3:00

Adult, Family, Teens Class

	Mon	Tue	Wed	Thr	Fri	Sat
Adults Taekwondo	7:05 – 7:50	7:05 – 7:50	7:10 – 8:10 (Open Mat)	7:05 – 7:50	6:45 – 7:30	11:55-12:40
Family Taekwondo	7:05 – 7:50	7:05 – 7:50		7:05 – 7:50	6:45 – 7:30	11:55 – 12:40
Teens 11-16yrs Taekwondo	6:25 - 7:05		6:35 - 7:15		6:00 – 6:45	
Adult Hapkido	7:05 – 7:50	7:05 – 7:50	7:10 – 8:10 (Open Mat)	7:05 – 7:50		
Family Hapkido	7:05 – 7:50	7:05 – 7:50		7:05 – 7:50		

CLASS ATTENDANCE NOTES

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