


DRAGON TAEKWONDO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM - 11:00 AM	Weekly Class Schedule (905) 878-6305						BIRTHDAY PARTY OR PRIVATE LESSONS BOOK WITH US! 
11:00 AM - 1:00 PM		High Performance Sparring Daytime Training Conditioning		High Performance Sparring Daytime Training Conditioning		10:00 AM-10:45 AM Family Class Open Class All Ages All Belts	
5:00 PM - 5:30 PM	Little Dragons Sparring Age 3-5 White-Orange	Little Dragons Poomse Age 3-5 White-Orange	Little Dragons Sparring Age 3-5 White-Orange	Little Dragons Curriculum Age 3-5 White-Orange		10:45 AM - 11:30 AM Teen/Adult (All Belts) & Black Belt Open Class	
5:30 PM - 6:15 PM	Children (Ages 6-12) Sparring White - Orange	Children Poomse Age 6-12 Green to Brown	Children Sparring Age 6-12 Green to Brown	Children (Ages 6-12) Curriculum White - Orange	Children Poomse Age 6-12 White - Orange	12:00 PM - 12:45 PM Special Needs Program Prior registration required	
6:15 PM - 7:00 PM	Children Sparring Age 6-12 Green to Brown	Children (Ages 6-12) Poomse White - Orange	Children (Ages 6-12) Sparring White - Orange	Children Curriculum Age 6-12 Green to Brown	Children Poomse Age 6-12 Green to Brown	2:00 PM - 3:30 PM Olympic Sparring	
7:00 PM - 8:30 PM	Olympic Sparring Red to Black Belts	7:00 PM -8:00 PM BLACK BELT CLASS Red to Black Poomse	Teen/Adult (All Belts) & Black Belt Olympic Sparring	7:00 PM - 8:00 PM BLACK BELT CLASS Red to Black Curriculum	Teen/Adult (All Belts) & Black Belt Olympic Sparring		
GYM 2 UNIT 10	7:00 PM - 9:00 PM Elite Poomse	8:00 PM - 9:00 PM Teen/Adult Poomse All Belts - Ages 13+	7:00 PM - 9:00 PM Elite Poomse	8:00 PM - 9:00 PM Teen/Adult Curriculum All Belts - Ages 13+	8:30 PM - 9:15 PM Teen/Adult (All Belts) & Black Belt Poomse		
GYM 2 UNIT 10	BoxFit 8:30 PM - 9:30 PM		BoxFit 8:30 PM - 9:30 PM				