



# 2022 Class Schedule



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## Monday

**12:00 to 1:00 PM**  
ADULTS FORMS  
All Levels

**4:00 to 5:00 PM**  
Ages 5 - 8  
All Levels

**5:00 to 6:00 PM**  
Ages 9 - 12  
All Levels

**6:00 to 7:00 PM**  
ADULTS  
All Levels

**7:00 to 8:00 PM**  
ADULTS  
All Levels

## Tuesday

**12:00 to 1:00 PM**  
ADULTS  
All Levels

**4:00 to 5:00 PM**  
Ages 5 - 8  
All Levels

**5:00 to 6:00 PM**  
Ages 9 - 12  
All Levels

**6:00 to 7:00 PM**  
ADULT FORMS  
All Levels

**7:00 to 8:00 PM**  
ADULTS  
All Levels

## Wednesday

**12:00 to 1:00 PM**  
ADULTS  
All Levels

**4:00 to 5:00 PM**  
Ages 5 - 8  
All Levels

**5:00 to 6:00 PM**  
Ages 9 - 12  
All Levels

**6:00 to 7:00 PM**  
ADULTS  
All Levels

**7:00 to 8:00 PM**  
ADULT SPARRING  
Yellow Belt and up  
Sparring equipment required

## Thursday

**12:00 to 1:00 PM**  
ADULTS  
All Levels

**4:00 to 5:00 PM**  
KIDS SPARRING  
Age 5-8  
Yellow Belt and up only

SAFETY EQUIPMENT  
IS REQUIRED FOR ALL  
SPARRING CLASSES

**5:00 to 5:50 PM**  
KIDS SPARRING  
Age 9-12  
Yellow Belt and up only

**6:00 to 7:00 PM**  
ADULTS  
All Levels

**7:00 to 9:00 PM**  
ADULT COMP  
TEAM TRAINING  
Black belt program only  
Please speak to Mr.  
Hwang if you are  
interested in tournament  
sparring

## Friday

**12:00 to 1:00 PM**  
ADULTS  
All Levels

**FORMS REVIEW**  
ALL KIDS Age 5-12  
By Rank:

**4:00-4:30pm**  
White belt - yellow stripe

**4:30-5:00pm**  
Yellow belt – green belt

**5:00-5:30pm**  
Blue stripe – red stripe

**5:30-6:00pm**  
red belt – black belt

**6:00 to 7:00 PM**  
ADULTS  
All Levels

**7:00 to 8:00 PM**  
ADULTS FORMS  
& TEST REVIEW  
All Levels

## Saturday

**10:00 to 11:00 A**  
Kids Age 5 - 12  
All Levels

**11:00 to 12:00 A**  
ADULTS  
All Levels

**12:00 to 12:50 P**  
STRETCHING  
CLASS  
All Levels

**1:00 to 2:00 PM**  
KIDS BLACK  
BELT  
PROGRAM  
All Levels

**2:00 to 3:00 PM**  
ADULTS  
BLACK BELT  
PROGRAM  
All Levels

ADULT CLASSES INCLUDE AGES 13 and up