Class Schedule

October 2026 · Effective August 10th

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Seniors 65+	3:15-4:00	Home-School	2:30-3:00	Seniors 65+	3:30-4:15	Home-School	2:30-3:00	Seniors 65+	3:00-3:45	No classes –
Tigers	4:15-4:45	Seniors 65+	3:00-3:45	Color Belt Weapons	4:30-5:00	Seniors 65+	3:00-3:45	Taekwondo Fundamentals	3:45-4:15	Reserved for Private Lessons, Seminars, and Special Events
Juniors	4:45-5:15	Tiger Cubs	3:45-4:15	Tigers	5:00-5:30	Tiger Cubs	3:45-4:15	Family Class	4:15-4:45	**Private Lessons Available by Appointment**
Color Belt Weapons	5:15-5:45	Special Abilities	4:30-5:00	Juniors	5:30-6:00	Special Abilities	4:30-5:00	Sparring	4:45-5:30	**Birthday Parties Available**
Black Belt Foundations	5:45-6:15	Taekwondo Fundamentals	5:00-5:30	Black Belt Foundations	6:00-6:30	Tigers	5:00-5:30	Stretching	5:30-6:00	
XMA Foundations	6:15-6:45	Tigers	5:30-6:00	Black Belt Mastery	6:30-7:00	Juniors	5:30-6:00	Performance Prep (Leadership)	6:00-6:30	
Sparring	6:45-7:30	Juniors	6:00-6:30	Performance Prep	7:00-7:30	Sparring	6:00-6:45	Muhan Masters	6:30-7:30	
Teens	7:30-8:00	Black Belt Mastery	6:30-7:00			XMA Mastery	6:45-7:15	Legacy (Invite Only)	7:30-8:00	
Adults	8:00-8:30	Teens	7:00-7:30			Teens	7:15-7:45			
		Adult	7:30-8:00			Adults	7:45-8:15			

October 2026 — dates to know

Wed, Oct 7 No Juniors (5:30-6:00pm)

Fri, Oct 9 Belt Testing, 6:00-8:00pm

Mon, Oct 12 Closed — Columbus Day · No classes

*Black Belt *Foundations* is for Recommended and Decided Black Belt Juniors who HAVE NOT learned their entire form.
Mastery is for Recommended & Decided Black Belt Juniors who HAVE learned their entire form.
Must have instructor permission to attend Mastery.

*XMA *Foundations* is for students working on XMA techniques and combos who HAVE NOT learned their entire form.
XMA *Mastery* is for students who HAVE learned their entire form and currently compete in XMA/Creative divisions.
Must have instructor permission to attend Mastery.

Tiger Cubs 2-4***Tigers 4-7***Juniors 7-12 *** Teens 13-17 ***Seniors 65+
All ages are approximate; this is simply a guideline. Our instructors will determine the best fit for all students.
***Must have instructor permission to change classes.**