



**DAY OF WEEK**

**MON**

**TUE**

**WED**

**THU**

**FRI**

**HARD WORK HEROES**

4:15-4:50

6:00-6:35

4:15-4:50

6:00-6:35

**COURTESY**

We show politeness in your attitude and behavior towards others and consider others before taking actions.

**TAEKWONDO NO BELT - WHITE BELT**

5:55-6:35

5:55-6:35

5:00-5:50

6:00-6:50

**INTEGRITY**

We are honest, sincere, and act in a respectable manner. We are the same in public and private.

**TAEKWONDO WHITE STRIPE - YELLOW STRIPE**

5:00-5:45

6:45-7:30

5:00-5:45

6:00-6:35

5:00-5:50

6:00-6:50

**PERSERVERANCE**

We do not give up when something becomes boring, difficult, or frustrating. We overcome our failures.

**TAEKWONDO GREEN BELT & ABOVE**

6:45-7:35

5:00-5:50

6:45-7:35

5:00-5:50

5:00-5:50

6:00-6:50

**SELF CONTROL**

We are responsible for our words and actions, and show the ability to control these under difficult circumstances.

**SPECIALTY CLASSES**

**SPARRING TEAM**

7:45-8:35

7:45-8:35

7:45-8:35

7:45-8:35

**BAGUAZHANG KUNG FU**

**INDOMITABLE SPIRIT**

We are brave, and never give up or let our fears and weaknesses defeat us. We will find a way to overcome any challenge.

**MY DAYS**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**CLOSED FEDERAL HOLIDAYS**



= Full Uniform Required for All Rank Exams



Bring your Sparring Gear Wednesday - Friday