

# NTA NATIONAL TAEKWONDO ACADEMY

MONDAY A	TUESDAY A	WEDNESDAY B	THURSDAY B	FRIDAY R	SATURDAY C
				There are no classes on Fridays at the S.C. Studio.	Kickboxing Adults & Teens 9:00-10:00am
<b>White Belt</b> Little Ninjas 3:00-3:30pm	<b>Introductory class for New Students</b> 3:00-3:30pm	<b>White Belt</b> Little Ninjas 3:00-3:30pm	<b>Introductory class for New Students</b> 3:00-3:30pm	<i>Students are welcome to attend the Aliso Viejo Academy on Fridays (Schedule Below)</i>	<b>BBC Weapon &amp; Special Training</b> 10:15-11:00am
<b>Brown- Rec. Black</b> Little Ninjas & Juniors 3:30-4:15pm	<b>White- Orange</b> Little Ninjas & Juniors 3:30- 4:15pm	<b>Brown- Rec. Black</b> Little Ninjas & Juniors 3:30-4:15pm	<b>White- Orange</b> Little Ninjas & Juniors 3:30- 4:15pm	<b>BBC Weapon &amp; Special Training</b> 3:30-4:15pm	<b>White – Blue</b> Little Ninjas thru Adults 11:00-11:45am
<b>Master Club Black Belts</b> 4:15-5:00pm	<b>Green- (H) Blue</b> Little Ninjas 4:15-5:00pm	<b>Master Club Black Belts</b> 4:15-5:00pm	<b>Green- (H) Blue</b> Little Ninjas 4:15-5:00pm	Poomsae & Leadership Team 4:15-5:00pm	<b>Brown &amp; Above</b> Little Ninjas thru Adults 11:45-12:30pm
<b>White- Orange</b> Little Ninjas & Juniors 5:00-5:45pm	<b>Introductory class for New Students</b> 5:00-5:45pm	<b>White- Orange</b> Little Ninjas & Juniors 5:00-5:45pm	<b>Rec. Black</b> Prep Class (when scheduled) 5:00-5:45pm	Sparring & LN Demo Team 5:00-6:00pm	Private Lessons & Birthday Parties
<b>Introductory class for New Students</b> 5:45-6:15pm	<b>Brown- Rec. Black</b> Juniors 5:45-6:30pm	<b>Introductory class for New Students</b> 5:45-6:15pm	<b>Brown- Rec. Black</b> Juniors 5:45-6:30pm	<b>Rec. Black</b> Prep Class (when scheduled) 6:00-7:00pm	
<b>Green- Blue</b> Juniors 6:15-7:00pm	<b>Master Club Black Belts</b> 6:30-7:15pm	<b>Green- Blue</b> Juniors 6:15-7:00pm	<b>Master Club Black Belts</b> 6:30-7:15pm	Instructor Class (Invite Only) 7:00-8:15pm	
<b>White-Black Adults &amp; Teens</b> 7:00-7:45pm	Kickboxing Adults & Teens 7:30-8:30pm	<b>White-Black Adults &amp; Teens</b> 7:00-7:45pm	Kickboxing Adults & Teens 7:30-8:30pm		

**Little Ninjas (Ages 3-6)      Juniors (Ages 7-12)      Teens & Adults (Ages 13 & Older)**

Arrive 5 - 10 minutes prior to your scheduled class. (PLEASE DO NOT DISTURB THE CLASS IN SESSION.)

“A Days” Lesson taught on Mon. will be the same on Tues.

“B Days” Lesson taught on Wed. will be the same on Thurs.

“C Days” Review of lessons taught on A & B Days.

“R Day” Advanced classes for students **recommended** by an Instructor.