

# NATIONAL TAEKWONDO ACADEMY

MONDAY A	TUESDAY A	WEDNESDAY B	THURSDAY B	FRIDAY R	SATURDAY C
					Kickboxing Adults & Teens 9:00-10:00am
					<b>BBC Weapon &amp; Special Training</b> 10:15-11:00am
Introductory class for New Students 2:30-3:00pm	Introductory class for New Students 2:30-3:00pm	Introductory class for New Students 2:30-3:00pm	Introductory class for New Students 2:30-3:00pm	Introductory class for New Students 2:30-3:00pm	<b>White – Blue</b> Juniors & Adults 11:00-11:45am
<b>White Belt</b> Little Ninjas 3:00-3:30pm	<b>Yellow- Orange</b> Little Ninjas 3:00-3:30pm	<b>White Belt</b> Little Ninjas 3:00-3:30pm	<b>Yellow- Orange</b> Little Ninjas 3:00-3:30pm	<b>Make Up Class</b> for Little Ninjas (All Belts) 3:00-3:30pm	<b>Brown &amp; Above</b> Juniors & Adults 11:45-12:30pm
<b>Brown- Rec. Bk</b> Little Ninjas & Juniors 3:30-4:15pm	<b>Yellow- Orange</b> Little Ninjas & Juniors 3:30- 4:15pm	<b>Brown- Rec. Bk</b> Little Ninjas & Juniors 3:30-4:15pm	<b>Yellow- Orange</b> Little Ninjas & Juniors 3:30- 4:15pm	<b>BBC Weapon &amp; Special Training</b> 3:30-4:15pm	Elite Demo Team Practice 12:30- 1:30pm
<b>Master Club</b> <b>Black Belts</b> 4:15-5:00pm	<b>Green- (H) Blue</b> Little Ninjas 4:15-5:00pm	<b>Master Club</b> <b>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	Private Lessons & Birthday Parties
<b>Yellow- Orange</b> Little Ninjas & Juniors 5:00-5:45pm	<b>White Belt</b> Little Ninjas & Juniors 5:00-5:45pm	<b>Yellow- Orange</b> Little Ninjas & Juniors 5:00-5:45pm	<b>White Belt</b> Little Ninjas & Juniors 5:00-5:45pm	Sparring & LN Demo Team 5:00-6:00pm	
Introductory class for New Students 5:45-6:15pm	<b>Brown- Rec. Black</b> Juniors 5:45-6:30pm	Introductory class for New Students 5:45-6:15pm	<b>Brown- Rec. Black</b> Juniors 5:45-6:30pm	<b>Rec. Black and Adv. Degree</b> Prep Class 6:00-7:00pm	
<b>Green- Blue</b> Juniors 6:15-7:00pm	<b>Master Club</b> <b>Black Belts</b> 6:30-7:15pm	<b>Green- Blue</b> Juniors 6:15-7:00pm	<b>Master Club</b> <b>Black Belts</b> 6:30-7:15pm	Instructor Class (Invite Only) 7:00-8:15pm	
<b>White-Black</b> <b>Adults &amp; Teens</b> 7:00-8:00pm	Kickboxing Adults & Teens 7:30-8:30pm	<b>White-Black</b> <b>Adults &amp; Teens</b> 7:00-8:00pm	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.