

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
White Belt Little Ninjas 3:00-3:30pm	Introductory class for New Students 3:00-3:30pm	White Belt Little Ninjas 3:00-3:30pm	Introductory class for New Students 3:00-3:30pm	<i>Students are welcome to attend the Aliso Viejo Academy on Fridays (Schedule Below)</i>	BBC Weapon & Special Training 10:15-11:00am
Brown- Rec. Black Little Ninjas & Juniors 3:30-4:15pm	Yellow- Orange Little Ninjas & Juniors 3:30- 4:15pm	Brown- Rec. Black Little Ninjas & Juniors 3:30-4:15pm	Yellow- Orange Little Ninjas & Juniors 3:30- 4:15pm	BBC Weapon & Special Training 3:30-4:15pm	White- Orange Little Ninjas thru Adults 11:00-11:45am
Master Club Black Belts 4:15-5:00pm	Green- (H) Blue Little Ninjas 4:15-5:00pm	Master Club Black Belts 4:15-5:00pm	Green- (H) Blue Little Ninjas 4:15-5:00pm	Poomsae & Leadership Team 4:15-5:00pm	Green & Above Little Ninjas thru Adults 11:45-12:30pm
Yellow- Orange Juniors 5:00-5:45pm	White Belt Little Ninjas & Juniors 5:00-5:45pm	Yellow- Orange Juniors 5:00-5:45pm	White Belt Little Ninjas & Juniors 5:00-5:45pm	Sparring & LN Demo Team 5:00-6:00pm	Private Lessons & Birthday Parties
Introductory class for New Students 5:45-6:15pm	Brown- Black Stripe Juniors 5:45-6:30pm	White Belt Little Ninjas & Juniors 5:45-6:15pm	Brown- Black Stripe Juniors 5:45-6:30pm	Rec. Black Prep Class (when scheduled) 6:00-7:00pm	
Green- Blue Juniors 6:15-7:00pm	Master Club Black Belts 6:30-7:15pm	Green- Blue Juniors 6:15-7:00pm	Master Club Black Belts 6:30-7:15pm	Instructor Class (Invite Only) 7:00-8:15pm	
Green - Black Adults & Teens 7:00-7:45pm	White - Orange Adults & Teens 7:15-8:00pm	Green - Black Adults & Teens 7:00-7:45pm	White - Orange Adults & Teens 7:15-8:00pm		

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.p

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

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

802 Avenida Talega #103

San Clemente CA. 92656

(949) 361-2050