



NATIONAL TAEKWONDO ACADEMY

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