

NATIONAL TAEKWONDO ACADEMY

MONDAY A	TUESDAY A	WEDNESDAY B	THURSDAY B	FRIDAY R	SATURDAY C
				NO CLASSES on Friday's at the San Clemente Studio	BBC Weapon & Special Training 10:15 - 11:00am
				<i>Students are welcome to attend the Aliso Viejo Academy on Fridays (Schedule Below)</i> ↓	White – Blue All Ages 11:00 - 11:45am
White Belts 3:30 – 4:00pm	Introductory class for New Students 3:30 - 4:00pm <i>(Private Class)</i>	White Belts 3:30 – 4:00pm	Introductory class for New Students 3:30 - 4:00pm <i>(Private Class)</i>		Brown & Above All Ages 11:45 - 12:30pm
Green – High Red Little Ninjas & Juniors 4:00 - 4:45pm	Yellow- Orange Little Ninjas & Juniors 4:00 - 4:45pm	Green – High Red Little Ninjas & Juniors 4:00 - 4:45pm	Yellow- Orange Little Ninjas & Juniors 4:00 - 4:45pm	BBC Weapon & Special Training 3:30 - 4:15pm	Private Lessons & Birthday Parties
Rec. Black – Black Belts 4:45 - 5:30pm	Green – High Red Little Ninjas & Juniors 4:45 - 5:30pm	Rec. Black – Black Belts 4:45 – 5:30pm	Green – High Red Little Ninjas & Juniors 4:45 - 5:30pm	Poomsae & Leadership Team 4:15 - 5:15pm	
Introductory class for New Students 5:30 - 6:00pm <i>(Private Class)</i>	White Belts 5:30 – 6:00pm	Sparring & Poomsae Team 5:30 - 6:00pm	White Belts 5:30 – 6:00pm	Sparring Team & Open Sparring 5:15 - 6:15pm	
Yellow- Orange Little Ninjas & Juniors 6:00 - 6:45pm	Green – High Red Little Ninjas & Juniors 6:00 - 6:45pm	Yellow- Orange Little Ninjas & Juniors 6:00 - 6:45pm	Green – High Red Little Ninjas & Juniors 6:00 - 6:45pm	Rec. Black Prep Class 6:15 - 7:15pm <i>Aliso Viejo Studio</i>	
Adults & Teens All Belts 6:45 - 7:30pm	Rec. Black – Black Belts 6:45 - 7:30pm	Adults & Teens All Belts 6:45 - 7:30pm	Rec. Black – Black Belts 6:45 - 7:30pm	Instructor Class (Invite Only) 7:15 - 8:15pm	

Little Ninjas (Ages 4-6) 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.