



## EMPOWER TKD CLASS SCHEDULE

Start Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30am-3:00pm	School Support Program	School Support Program	School Support Program / Park	School Support Program	School Support Program	9:00-10:00am Little Dragon TKD
3:15pm-4:15pm	Afterschool TKD Lower Belts (W-HY)	Afterschool TKD Upper Belts (G-BLK)	Afterschool TKD Lower Belts (W-HG)	Afterschool TKD Upper Belts (G-BLK)	Fieldtrip (weather permitted)	10:10-11:10am Kick2BeFit
4:30pm-5:10pm	Little Dragon TKD (3-5)	Kick2BeFit (Adult)	Little Dragon TKD (3-5)	Kick2BeFit (Adult)		11:30am-1:30pm Olympic Sparring
5:45pm-6:45pm	Youth Dragon TKD Beginner (W-HY)	Youth Dragon TKD Upper (G-B)	Youth Dragon TKD Beginner (W-HY)	Youth Dragon TKD Upper (G-B)	6:00pm - 7:20pm Olympic Sparring	
7:00pm-8:00pm	Blue & Upper TKD	Adult Beginner TKD	Blue & Upper TKD	Adult Beginner TKD		

\* W: White Belt    HY: High Yellow Belt    G: Green Belt    HG: High Green Belt    B: Blue Belt    BLK: Black Belt

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Facebook Group: Empower Tkd Members (Members Only)