

Quick View Class Chart By Rank

The following chart provides a quick view of the classes available by rank each week.

Simply look at the column associated with your rank and see all of the classes available for the week.

Be sure to read each box carefully to verify that you are the correct age for that class.

This chart does not include weapons classes (which are by invitation only), Aikido classes, or specialty classes such as Poomsae Academy, Tournament Team, or Little Dragons.

Black Belts can assist with any White thru Senior Green classes and Assist/Train in any Blue thru Senior Red classes.

My Taekwondo Belt is:

White	Yellow	Senior Yellow	Green	Senior Green	Blue	Senior Blue	Red	Senior Red	Black
Monday 6:00 – 7:00 pm 9 years and younger	Monday 6:00 – 7:00 pm 9 years and younger	Monday 6:00 – 7:00 pm 9 years and younger	Monday 6:00 – 7:00 pm 9 years and younger	Monday 6:00 – 7:00 pm 9 years and younger	Monday 6:00 – 7:00 pm 9 years and younger	Monday 6:00 – 7:00 pm 9 years and younger	Monday 6:00 – 7:00 pm 9 years and younger	Monday 6:00 – 7:00 pm 9 years and younger	Monday Assist/Train Any Class
Monday 7:00 - 8:15 pm 10 years and older	Monday 7:00 - 8:15 pm 10 years and older	Monday 7:00 - 8:15 pm 10 years and older	Monday 7:00 - 8:15 pm 10 years and older	Monday 7:00 - 8:15 pm 10 years and older	Monday 7:00 - 8:15 pm 10 years and older	Monday 7:00 - 8:15 pm 10 years and older	Monday 7:00 - 8:15 pm 10 years and older	Monday 7:00 - 8:15 pm 10 years and older	Monday Assist/Train Any Class
Monday 7:00 - 8:15 pm Adult 18 Years & Older	Monday 7:00 - 8:15 pm Adult 18 Years & Older	Monday 7:00 - 8:15 pm Adult 18 Years & Older	Monday 7:00 - 8:15 pm Adult 18 Years & Older	Monday 7:00 - 8:15 pm Adult 18 Years & Older	Monday 7:00 - 8:15 pm Adult 18 Years & Older	Monday 7:00 - 8:15 pm Adult 18 Years & Older	Monday 7:00 - 8:15 pm Adult 18 Years & Older	Monday 7:00 - 8:15 pm Adult 18 Years & Older	Monday 7:00 - 8:15 pm Adult 18 Years & Older
Tuesday 5:30 - 6:15 pm All Ages	Tuesday 5:30 - 6:15 pm All Ages	Tuesday 6:15 - 7:15 pm All Ages	Tuesday 6:15 - 7:15 pm All Ages	Tuesday 6:15 - 7:15 pm All Ages	Tuesday 7:15 - 8:15 pm All Ages	Tuesday 7:15 - 8:15 pm All Ages	Tuesday 7:15 - 8:15 pm All Ages	Tuesday 7:15 - 8:15 pm All Ages	Tuesday 7:00 - 8:00 pm (Sport Poomse/Drills)
Tuesday 8:00 - 8:30 pm Adult FORMS 18 Years & Older	Tuesday 8:00 - 8:30 pm Adult FORMS 18 Years & Older	Tuesday 8:00 - 8:30 pm Adult FORMS 18 Years & Older	Tuesday 8:00 - 8:30 pm Adult FORMS 18 Years & Older	Tuesday 8:00 - 8:30 pm Adult FORMS 18 Years & Older	Tuesday 8:00 - 8:30 pm Adult FORMS 18 Years & Older	Tuesday 8:00 - 8:30 pm Adult FORMS 18 Years & Older	Tuesday 8:00 - 8:30 pm Adult FORMS 18 Years & Older	Tuesday 8:00 - 8:30 pm Adult FORMS 18 Years & Older	Tuesday 8:00 - 8:30 pm Adult FORMS 18 Years & Older
Thursday 6:15 - 7:15 pm All Ages	Thursday 6:15 - 7:15 pm All Ages	Thursday 5:30 - 6:15 pm All Ages	Thursday 5:30 - 6:15 pm All Ages	Thursday 5:30 - 6:15 pm All Ages	Thursday 7:15 - 8:15 pm All Ages	Thursday 7:15 - 8:15 pm All Ages	Thursday 7:15 - 8:15 pm All Ages	Thursday 7:15 - 8:15 pm All Ages	Thursday 7:00 - 8:00 pm (Black Belt Technique)
Friday 6:00 – 7:00 pm All Ages	Friday 6:00 – 7:00 pm All Ages	Friday 6:00 – 7:00 pm All Ages	Friday 6:00 – 7:00 pm All Ages	Friday 6:00 – 7:00 pm All Ages	Friday 6:00 – 7:00 pm All Ages	Friday 6:00 – 7:00 pm All Ages	Friday 6:00 – 7:00 pm All Ages	Friday 6:00 – 7:00 pm All Ages	Friday Assist/Train Any Class
Saturday 9:15 – 10:00 am All Ages FORMS	Saturday 9:15 – 10:00 am All Ages FORMS	Saturday 9:15 – 10:00 am All Ages FORMS	Saturday 9:15 – 10:00 am All Ages FORMS	Saturday 9:15 – 10:00 am All Ages FORMS	Saturday 9:15 – 10:00 am All Ages FORMS	Saturday 9:15 – 10:00 am All Ages FORMS	Saturday 9:15 – 10:00 am All Ages FORMS	Saturday 9:15 – 10:00 am All Ages FORMS	Saturday Assist/Train Any Class
Saturday 10:00 – 11:30 am All Ages SPARRING	Saturday 10:00 – 11:30 am All Ages SPARRING	Saturday 10:00 – 11:30 am All Ages SPARRING	Saturday 10:00 – 11:30 am All Ages SPARRING	Saturday 10:00 – 11:30 am All Ages SPARRING	Saturday 10:00 – 11:30 am All Ages SPARRING	Saturday 10:00 – 11:30 am All Ages SPARRING	Saturday 10:00 – 11:30 am All Ages SPARRING	Saturday 10:00 – 11:30 am All Ages SPARRING	Saturday Assist/Train Any Class