

Korean Academy of Taekwondo

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
	Little Tigers 3:45- 4:25		Little Tigers 3:45- 4:25			Silver Tigers 8:40-9:40am	
4:30- 5:20pm	Level 2 Requirement	Level 2 Children	Level 2 Children	Level 2 Children	Level 1	Little Tigers 9:45-10:25	
5:30- 6:20pm	Level 1	Level 1	Gi Grappling (9 YO +)	Weapons/ Demo Team	Black Belt Test Prep	Gi Grappling (12 YO +) 10:30-11:30	
6:30- 7:20pm	Stretching class	Poomsae Team		Level 1	Boxing	Kicking & Conditioning 11:35-12:30	1:30 pm 3:30 pm Sparring Team
7:20- 8:20pm	Sparring Team 7:30-9:30	Adult/Family		Adult/Family		Sparring 12:30- 1:30	

The color of the class is the minimum belt level that should attend. Team classes may have tryouts or other requirements.

www.kattaekwondo.com 16850 E. Mississippi Ave Aurora, CO 80017 bill@kattaekwondo.com

720-295-4853