

Tiger Rock TaeKwonDo Class Schedule

Revised 4/2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Kisado		9:00 Kisado		9:00 Kisado	9:00-9:30 Tiger Cubs White & Yellow
4:30 Junior TKD White & Yellow	4:30 Tiger Cubs White & Yellow	4:30 Tiger Cubs Green-Black	4:30 Tiger Cubs White & Yellow	4:30 Tiger Cubs Green-Black	9:30-10:00 Tiger Cubs Green-Black
5:15 Junior TKD Brown, Red & Black	5:00 Junior TKD Green & Blue	5:00 Junior TKD White & Yellow	5:00 Junior TKD Green & Blue	5:00 Junior TKD Brown, Red & Black	10:00 Junior TKD Mixed Belt
6:00 Super Jr TKD Mixed Belt	6:00 Junior TKD Brown, Red & Black	6:00 Super Jr TKD Mixed Belt	6:00 Junior TKD White & Yellow	6:00 Junior TKD Green & Blue	11:00 Super Jr TKD Mixed Belt
6:45 Adult TKD Mixed Belt	6:45 Super Jr TKD Mixed Belt	6:45 Adult TKD Mixed Belt	6:45 Adult & Super Jr TKD Black Belt ONLY	6:45 Adult TKD Mixed Belt	12:00 Adult TKD Mixed Belt
7:30 Adult Sparring	7:30 Kisado	7:30 Adult Sparring	7:30 Kisado		