

SUNRISE TAEKWONDO (HAPPY VALLEY)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
L. TIGER 1 3:45 – 4:25	L. TIGER 2 3:45 – 4:25	L. TIGER 1 3:45 – 4:25	L. TIGER 2 3:45 – 4:25	ALL L. TIGER 3:45 – 4:25	LEVEL 5 & BLACK BELT 9:00 – 9:45
YELLOW & PURPLE 4:30 – 5:15	WHITE BELT 4:30 – 5:15	YELLOW & PURPLE 4:30 – 5:15	WHITE BELT 4:30 – 5:15	ORANGE, GREEN, SR. GREEN, BLUE 4:30 – 5:15	LEADERSHIP 9:45 – 10:45
SR. RED & JR. BLACK 5:15 – 6:00	ORANGE, GREEN, SR. GREEN, BLUE 5:15 – 6:00	SR. BLUE, BROWN, SR. BROWN, RED 5:15 – 6:00	SR. BLUE, BROWN, SR. BROWN, RED 5:15 – 6:00	SR. RED & JR. BLACK 5:15 – 6:00	LEVEL 2, 3, 4 10:45 – 11:30
WHITE BELT 6:00 – 6:45	YELLOW & PURPLE 6:00 – 6:45	WHITE BELT 6:00 – 6:45	ORANGE, GREEN, SR. GREEN, BLUE 6:00 – 6:45	SR. BLUE, BROWN, SR. BROWN, RED 6:00 – 6:45	SPARRING 11:40 – 12:40
SR. BLUE, BROWN, SR. BROWN, RED 6:45 – 7:30	BLACK BELT 6:45 – 7:45	ORANGE, GREEN, SR. GREEN, BLUE 6:45 – 7:30	BLACK BELT 6:45 – 7:45	YELLOW & PURPLE 6:45 – 7:30	
TEEN & ADULT 7:30 – 8:15	TEEN & ADULT 7:45 – 8:30	SR. RED & JR. BLACK 7:30 – 8:15	TEEN & ADULT 7:45 – 8:30	SPECIAL CLASS 7:30 – 8:15	



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