



SUNRISE TAEKWONDO OF HAPPY VALLEY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|--|
| LITTLE TIGER 1 3:55 ~ 4:30 | LITTLE TIGER 2 3:55 ~ 4:30 | LITTLE TIGER 1 3:55 ~ 4:30 | LITTLE TIGER 2 3:55 ~ 4:30 | ALL LITTLE TIGER 3:55 ~ 4:30 | JR.BLACK & 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 | SPARRING* 9:45 ~ 11:00 |
| 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 | LEADERSHIP* 11:00 ~ 12:00 |
| 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 | DEMO TEAM* 12:00 ~ 1:00 |
| 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 | TEEN & ADULT 7:30 ~ 8:15 | |

- Classes with * are morning classes
- Age groups for each class are: Little Tiger (4 to 6), Color belts (7 and up), Teen & Adult (12 and up)

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