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IL-DO Taekwondo

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IN-STUDIO GROUP CLASSES

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY (AM)
Cubs White - Yellow (3 - 5.5 Yrs)	3:30 - 4:00	5:10 - 5:40	3:30 - 4:00	5:10 - 5:40		9:30 - 10:00 (Cubs)
Tigers White - Yellow (5.5 - 12 Yrs)	4:10 - 4:50	5:50 - 6:30	4:10 - 4:50	5:50 - 6:30		10:10 - 10:50 (White - High Green)
Yellow - Blue Stripe BBC	5:00 - 5:40	3:30 - 4:10	5:00 - 5:40	3:30 - 4:10 (Sparring)	Weapons 3:30 - 4:10	11:00 - 11:40 (Purple - Blue Stripe)
Brown - Red Black BBC	5:50 - 6:30	4:20 - 5:00	5:50 - 6:30	4:20 - 5:00 (Sparring)	Weapons (Brown - Red Stripe) 4:20 - 5:00 (Red Black Prep & Weapons) 5:10 - 5:50	11:00 - 11:40 (Brown - Red Black)
1st and 2nd Dan	6:40 - 7:20		6:40 - 7:20 (Sparring)		1st Dan Prep & Weapons 6:00 - 6:40 2nd Dan Prep & Weapons 6:50 - 7:30	11:50 - 12:30 (All Black Belts)
3rd Dan & Teen/Adults (12 Yrs & Older)		6:40 - 7:20		6:40 - 7:20 (Sparring)	3rd Dan Prep & Weapons 6:50 - 7:30	11:50 - 12:30 (Teen & Adult) ALL BELTS

ZOOM VIRTUAL CLASSES - DRILLS & WEAPONS

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY (AM)
White - Yellow (3 - 6 Yrs)		3:30 - 4:00		3:30 - 4:00		
White - Yellow (7 Yrs & Older)		3:30 - 4:00		3:30 - 4:00		
Yellow - Blue Stripe BBC		4:15 - 4:45 (Sparring)		4:15 - 4:45 (Weapons)		
Brown - Black BBC		5:00 - 5:30 (Sparring)		5:00 - 5:30 (Weapons)		
Black Belts		5:45 - 6:15 (Sparring)		5:45 - 6:15 (Weapons)		