FOLSOM TAEKWONDO CENTER CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 - 4:25	4:00 - 4:25	4:00 - 4:25	4:00 - 4:25	4:00 - 4:25	9:00 - 10:00
WHITE - GREEN BLUE AGES 6 AND UP FAMILY CLASS	TINY TIGERS AGES 3-5	BLACK BELT CLUB JR LEADER TRAINEE SPECIAL CLASS WEAPONS	TINY TIGERS AGES 3-5	REC - BLACK MT 1,2,3 FAMILY CLASS	BLACK BELT CLUB 1ST SATURDAY OF THE MONTH 3RD SATURDAY - CLUB MEMBER SEMINARS
	4:30 - 4:55		4:30 - 4:55		
	BLUE - BLUE RED AGES 6 AND UP FAMILY CLASS		RED - RED BLACK AGES 6 AND UP FAMILY CLASS		
4:30 - 5:10	5:00 - 5:40	4:30 - 5:10	5:00 - 5:40	4:30 - 4:55	10:00 - 10:40
GREEN BLUE-BLUE FAMILY CLASS	WHITE - GREEN FAMILY CLASS	GREEN BLUE-BLUE FAMILY CLASS	WHITE - GREEN FAMILY CLASS	WHITE - RED BLACK TECHNICAL POOMSAE	WHITE - GREEN FAMILY CLASS YOUTH AND ADULT
				YOUTH/ADULT	
5:15 - 5:55	5:45 - 6:25	5:15 - 5:55	5:45 - 6:25	5:00 - 5:25	10:45 - 11:25
BLUE RED-REC-BLACK MT 1 FAMILY CLASS	1ST DEGREE BLACK YOUTH CLASS	BLUE RED-REC-BLACK MT 1 FAMILY CLASS	1ST DEGREE BLACK YOUTH CLASS	REC BLACK - 1ST DEGREE BLACK TECHNICAL POOMSAE	GREEN BLUE - RED BLACK FAMILY CLASS YOUTH AND ADULT
				YOUTH/ADULT	
	6:30 - 7:10		6:30 - 7:10	5:30 - 5:55	11:30 - 12:10
6:00 - 6:25		6:00 - 6:25			
TINY TIGERS AGES 3-5	1ST / 2ND DEGREE BLACK BELT YOUTH CLASS	TINY TIGERS AGES 3-5	1ST / 2ND DEGREE BLACK BELT YOUTH CLASS	2ND DEGREE AND UP TECHNICAL POOMSAE	REC BLACK BELTS - BLACK BELTS YOUTH AND ADULT
6:30 - 7:10	7:15 - 7:55	6:30 - 7:10	7:15 - 7:55	YOUTH/ADULT	
				6:00 - 6:55	1:00 - 2:00
REC-BLACK MT 2, 3 FAMILY CLASS	BLACK BELT TEENS AGES 13 -15 ALL 3RD DANS YOUTH	REC-BLACK MT 2, 3 FAMILY CLASS	BLACK BELT TEENS AGES 13 -15 ALL 3RD DANS YOUTH	POINT SPARRING / OLYMPIC SPARRING SKILLS AND DRILLS	CLUB MONTHLY SEMINARS
7:15 - 7:55	8:00 - 8:55	7:15 - 7:55	8:00 - 8:55	YOUTH/ADULT	
				7:00- 8:00	
WHITE - RED BELT ADULT CLASS	REC BLACK BELT - BLACK BELT ADULTS AGES 16 AND UP	WHITE - RED BELT ADULT CLASS	REC BLACK BELT - BLACK BELT ADULTS AGES 16 AND UP	JIU JITSU 13 AND UP BY INVITATION ONLY	

THIS SCHEDULE MAY BE CHANGED AT ANYTIME TO MAINTAIN THE QUALITY OR OUR CLASSES AND STRICT STUDENT TO INSTRUCTOR RATIOS.

SCHEDULE AS OF MAY 28 2020

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