

# HK TAEKWONDO

	M	T	W	TH	F	S
4:00 - 4:30 PM		Dragon Taekwondo (advanced preschooler class)		Dragon Taekwondo (advanced preschooler class)		
4:30 - 5:00 PM	Tiger Taekwondo (preschooler class)	Tiger Taekwondo (preschooler class)	Tiger Taekwondo (preschooler class)	Tiger Taekwondo (preschooler class)	Tiger Taekwondo (preschooler class)	
5:00 - 5:40 PM	Youth Advanced (Blue - Black)	Youth Intermediate (Yellow - Green)	Youth Advanced (Blue - Black)	Youth Intermediate (Yellow - Green)	All Level Poomse Class 5-6 pm	
5:40 - 6:20 PM	Youth Intermediate (Yellow - Green)	Youth Beginner (White Belt)	Youth Intermediate (Yellow - Green)	Youth Beginner (White Belt)		
6:20 - 7:00 PM	Youth Beginner (White Belt)	Youth Advanced (Blue - Black)	Youth Beginner (White Belt)	Youth Advanced (Blue - Black)		
7:00 - 8:15 PM	Adult Martial Arts Class		Adult Martial Arts Class			

All the color belt students must bring sparring gear on Monday through Thursday

## PERFORMANCE TEAM

Poomse Team		6:15 - 7:30PM		6:15 - 7:30PM		
Junior Performance		5:00 - 6:15 PM		5:00 - 6:15 PM	5:00 - 6:00PM	
Performance Team	5:30 - 7:00 PM	Private	5:30 - 7:00 PM	Private	6:00 - 8:00 PM	10:00 AM - 1:00 PM

Visit [hk-tkd.com/class-schedule/](http://hk-tkd.com/class-schedule/) for updates, holidays, changes and events

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