



Athletic United Taekwondo

	Tue	Wed	Thu	Fri	Sat	Sun
9am					Kyorugi Team (9am-10:30am)	T-kids
10am				Adults/Teens All Levels		Tots (45mins)
11am	Adults/Teens All Levels		Adults/Teens All Levels	Adults/Teens Sparring	T-kids	T-kids
12pm					Tots (45mins)	Sparring
1pm					Lunch Break	Lunch Break
2pm					T-kids	T-kids
3pm	Tots (3:15pm)	Tots (3:15pm)	T-kids	Tots (3:15pm)	Sparring	Sparring *Kids/Teens
4pm	T-kids	T-kids	T-kids	T-kids	T-kids	Adults/Teens All Levels
5pm	T-kids	Sparring	Team Combine Training (5:30pm-7pm)	Sparring	Poomsae Team (5pm-6:30pm)	
6pm	Sparring	T-kids		T-kids		
7pm	Adults/Teens All Levels	Adults/Teens Sparring	Adults/Teens All Levels	Adults/Teens Sparring		

Tots (3-5 years old)

T-kids (5-14 years old)

Sparring (5-14 years old)

Adults/Teens (15 and above)

Competition Team