

## KOREAN TIGER MARTIAL ARTS I TAEKWONDO

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(EFFECTIVE AS OF 5 / 1 / 2023)

MONDAY	TUESDAY	WEDNESAY	THURSDAY	FRIDAY	SATURDAY
LITTLE TIGER YELLOW &ORANGE 4:30 - 5:00	LITTLE TIGER PURPLE & BROWN 4:30 - 5:00	LITTLE TIGER GREEN & BLUE 4:30 - 5:00	LITTLE TIGER RED & BLACK 4:30 - 5:00	LITTLE TIGER SPARRING 4:30 - 5:00	<b>LEADERSHIP</b> 9:30 - 10:10
LITTLE TIGER GREEN & BLUE 5:00 - 5:30	LITTLE TIGER RED & BLACK 5:00 - 5:30	LITTLE TIGER YELLOW & ORANGE 5:00 - 5:30	LITTLE TIGER PURPLE & BROWN 5:00 - 5:30	NO CONTACT SPARRING 5:00 - 5:30	OPEN CLASS 10:10 - 10:40
YELLOW & ORANGE 5:30 - 6:10	RED & H RED 5:30 - 6:10	WHITE 5:30 - 6:00	BROWN & H BROWN 5:30 - 6:10	CONTACT SPARRING 5:30 - 6:00	<b>DEMO TEAM</b> 10:40 - 11:40
BLUE & H BLUE 6:10 - 6:50	PURPLE & H PURPLE 6:10 - 6:50	POOM 3 & 1ST BLACK 6:00 - 6:40	2ND & 3RD BLACK 6:10 - 6:50	WHITE 6:00 - 6:30	<b>SPARRING TEAM</b> 11:40 - 12:40
WHITE 6:50 - 7:20	BROWN & H BROWN 6:50 - 7:30	YELLOW & ORANGE 6:40 - 7:20	PURPLE & H PURPLE 6:50 - 7:30	TODDLER 6:30 - 7:00	
POOM & POOM 1 & POOM 2 7:20 - 8:00	2ND & 3RD BLACK 7:30 - 8:10	BLUE & H BLUE 7:20 - 8:00	RED & H RED 7:30 - 8:10	FOCUS CONFIDENCE RESPECT	
POOM 3 & 1ST BLACK 8:00 - 8:40	TEEN & ADULT 8:10 - 8:50	POOM & POOM 1 & POOM 2 8:00 - 8:40	TEEN & ADULT 8:10 - 8:50		

## < INFORMATION>

- Please stay home and rest if you have following symptom (Coughing, Sneezing and Fever, Shortness of Breath)
- Mask or Face Coverings are required to enter the KTMA
- Wash your hands twice before and after the class Bring your own water
- Participating In-Person is at your own risk
- Contact Sparring Class participants MUST wear proctective gear in mandatory for safety!
- If anyone in your Family postive COVID-19, Please notify us and stay home for at least 10days!

## #KTMA STRONG! # WE ARE FAMILY IN TAEKWONDO #1CORINTHIANS10:31

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