



CHAMPIONS TAEKWONDO

CARROLL GARDENS SCHEDULE



HEAD MASTER: MASTER JAY (masterjaypark@gmail.com)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEGINER LITTLE TIGERS Nobelt to White Orange (Age 3 to 5)	3:15 – 3:45pm 5:00 – 5:30pm	3:15 – 3:45pm	3:15– 3:45pm 5:00 – 5:30pm	3:15 – 3:45pm	3:15 – 3:45pm	10:00-10:30am	10:00 -10:30am
ELITE TIGERS White green & up (Age 3 to 5)	3:45 – 4:15pm	3:45 – 4:15pm 5:00 – 5:30pm	3:45 – 4:15pm	3:45 – 4:15pm 5:00 – 5:30pm	3:45 – 4:15pm	10:30-11:00am	10:40-11:10am
BEGINNER CLASS White to Orange (Age 6 and up)	4:20 -5:00pm	4:20 -5:00pm	4:20 -5:00pm	4:20 -5:00pm	4:20 -5:00pm	11:00-11:40am	ALL BELT CLASS 11:20 -12:00pm (Age 6 and up)
GREEN AND UP (Age 6 and up)	5:30 – 6:10pm 6:40 – 7:20pm	6:00 -6:40pm	5:30 – 6:10pm 6:40– 7:20pm	6:00-6:40pm	5:30 -6:10pm	12:10-12:50pm	 Birthday Party
BLACK BELT CLUB Sparring & Demo & Sports Form	6:10 – 6:40pm	5:30:- 6:00pm	6:10 – 6:40pm	5:30:- 6:00pm	5:00– 5:30pm	11:40-12:10pm	 EVENTS
Teen & Adult	7:20 – 8:00pm	7:00 – 7:40pm	7:00 – 7:40pm	7:20– 8:00pm	Staff class 6:10 -6:40pm	Staff class 12:50 -1:20pm	