

	Mon	Tues	Wed	Thurs	Fri	Sat
11:00 - 11:40						Kids All Belt
11:40 - 12:30						Junior All Belt
12:30 - 1:30						Adult All Belt
4:30 - 5:10	Kids White to Orange	Little Tigers 3-4 yrs old	Kids All Belts	Little Tigers 3-4 yrs old	Kids White to Orange	
5:20 - 6:00	Kids Green to Black	Kids All Belts	Kids n Junior All Belts	Kids All Belts	Kids Green to Black	
6:10 - 7:00	Junior Brown to Black	Junior All Belts	Team 1 Olympic Class	Junior White to Purple	Junior All Belts	
7:10 - 8:00	Junior White to Purple	Family All Belts	Team 1 Olympic Class	Junior Brown to Black	Family All Belt	
8:00 - 9:00	Adult All Belts	Adult All Belts	Yoga Classes	Adult All Belts	Fitness Taekwondo Classes	TEAM ONE OLYMPIC TRAINING
						2:30-5:530 PM NIAGARA FALLS BRING EQUIPMENT