

World Class Taekwondo Academy

Class Schedule

(919)477-1042 email: info@jungsworldtkd.com

Visit us on the web: www.jungsworldtkd.com

MON	TUE	WED	THU	FRI	SAT
Private Lessons 11-11:45		Private Lessons 11-11:45		Private Lessons 11-11:45	Adult Class 9:30-10:20
	Adult Class 12-12:45		Adult Class 12-12:45		White Belt & Beginner 10:30-11
After School Program (Includes Transportation from your child's school to ours)					Demo Team Members Only 11-11:50
Intro Class 4-4:45	Intro Class 4-4:45	Intro Class 4-4:45	Intro Class 4-4:45	Intro Class 4-4:45	Open for Birthday Parties!! 12:00-
Children class 5:5:40	Little Dragons (ages 4-5) 5-5:30	Children class 5:5:40	Little Dragons (ages 4-5) 5-5:30	All color Belts All ages 5-5:40	
All Ages White-Blue 5:45-6:30	All Ages Blue & up 5:30-6:15	All Ages White-Blue 5:45-6:30	All Ages White-Yellow 5:30-6:00	Basic Sparring Training 5:45-6:20	
BBC (Blue & up) 6:30-7:15	All Belts Age 9 & up 6:15-7	Black Belt Testing Review 6:30-7:15	All Belts Age 9 & up 6:15-7	Advanced Sparring Training 6:30-7:20	
Adult Class 7:15-8	Junior/Adult Sparring 7:10-8	Adult Advanced 7:15-8:10	Adult Class 7:15-8	Open Practice 7:20-8	
	Kickboxing 8:00-8:45		Kickboxing 8:00-8:45		

All students white belt and higher please bring gloves to every class and self defense equipment on Friday. Please arrive 10 minutes before your class and take out your attendance card.

**A BLACK BELT IS JUST A WHITE BELT WHO NEVER QUIT!
WINNER NEVER QUIT! QUITTER NEVER WIN!**