



WOODBRIDGE TAEKWON-DO CLASS SCHEDULE



EFFECTIVE MARCH 2011

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00-11:00 am (Main Gym)						White to Green Belt (Kids)
11:00-12:00 pm (Main Gym)						Blue Stripe to Red Belt (Kids)
6:00-7:00 pm (Main Gym)	White to Green Belt (Kids)	Colour belts (Kids)	White to Green Belt (Kids)	Colour belts (Kids)		
6:00-7:00 pm (Lower Level)	Little dragons (Ages 3-5)	Kung fu (Mr. Lafrate)	Little dragons (Ages 3-5)	Kung fu (Mr. Lafrate)	Advanced Training Classes Green Belt and up	
7:00-8:00 pm (Main Gym)	Black Stripe and up	Adult and Teens All belts	Black Stripe and up	Adult and Teens All belts		
7:00-8:00 pm (Lower Level)	Blue Stripe to Red Belt (Kids)	Kung fu (Mr. Lafrate)	Blue Stripe to Red Belt (Kids)	Kung fu (Mr. Lafrate)		
8:00-9:00 pm (Main Gym)	Adult and Teens All belts		Adult and Teens All belts	Cardio Kickboxing		
8:00-9:00 pm (Lower Level)	Cardio Kickboxing	Kung fu (Mr. Lafrate)	Cardio Kickboxing	Kung fu (Mr. Lafrate)		
8:30-9:30 pm (Main Gym)		Advanced Black Belt Training (13+)				

Please note: classes will be assigned to the student according to their age and belt level. Exceptions will be made to those that have one or more family member in the same program.

5732 HWY #7 UNIT 1 WOODBRIDGE ON, L4L 3A2 • PHONE: 905-851-1797

Student Name: _____ Belt Level: _____ . Please circle above which classes you will be attending.