




MASTERS TAEKWONDO ACADEMY - Lakeshore

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HOURS (PM)	MON	TUE	WED	THUR	FRI	SAT MORNING
5:00 - 5:40	LITTLE KIDS 4Y TO 6Y	LITTLE KIDS 4Y TO 6Y	LITTLE KIDS 4Y TO 6Y	LITTLE KIDS 4Y TO 6Y	ALL BELTS 7Y & UP 4:50~5:40	ELITE SPARRING TEAM I 9:00~10:30
5:40 - 6:30	YOUTH I 7Y TO 13Y WHITE to YELLOW/Green Stripe	YOUTH II 7Y TO 13Y GREEN to BLUE/Brown Stripe	YOUTH I 7Y TO 13Y WHITE to YELLOW/Green Stripe	YOUTH II 7Y TO 13Y GREEN to BLUE/Brown Stripe	 ELITE DEMONSTRATION TEAM 5:40~7:00 GREEN & UP	ELITE SPARRING TEAM II 10:40~12:10
6:30 - 7:20	YOUTH II 7Y TO 13Y GREEN to BLUE/Brown Stripe	YOUTH I 7Y TO 13Y WHITE to YELLOW/Green Stripe	YOUTH II 7Y TO 13Y GREEN to BLUE/Brown Stripe	YOUTH I 7Y TO 13Y WHITE to YELLOW/Green Stripe		BELT TESTING
7:20 - 8:10	YOUTH III 7Y TO 13Y BROWN to RED/Black Stripe	YOUTH III 7Y TO 13Y BROWN to RED/Black Stripe	YOUTH III 7Y TO 13Y BROWN to RED/Black Stripe	YOUTH III 7Y TO 13Y BROWN to RED/Black Stripe		BELT TESTING
8:10 - 9:00	ADULT/TEEN BLACK BELT 14Y & UP	ADULT/TEEN BLACK BELT 14Y & UP	ADULT/TEEN BLACK BELT 14Y & UP	ADULT/TEEN BLACK BELT 14Y & UP		BELT TESTING

*Bring your SPARRING EQUIPMENT on WEDNESDAYS/THURSDAYS (except Little Kids & Youth I students)