



K TIGERS TAEKWONDO

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Effective September 5th, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 – 10:30 AM	Women's HIIT FIT	Women's HIIT FIT			Women's HIIT FIT	
10:20 -11:05 AM						Little Ninjas (3-5 year old)
11:20 –12:10 PM						Black Belt Club
4:00 – 4:45 PM Little Tigers: 4:00 – 4:40 PM	Green– H-Purple	Little Tigers (5-8 years old) White –Orange	Bodan & Black Belt	Little Tigers (5-9 years old) Green& Higher		
4:50 – 5:30 PM	Little Tigers (5-9 years old) Green& Higher	Little Tigers (5-9 years old) Green& Higher	Little Tigers (5-8 years old) White –Orange	Little Tigers (5-8 years old) White –Orange		
5:40 – 6:25 PM	White -Orange	White - Orange	Red –H-Brown	Bodan & Black Belt		
6:35 – 7:20 PM	Bodan & Black Belt	Red –H-Brown	Green– H-Purple	Green– H-Purple		
7:30 – 8:15 PM	Red –H-Brown	Demo Team	7:30 – 8:30 PM Women's HIIT FIT	White -Orange		

