



ORLEANS TAEKWONDO PROGRAM CLASS TIMES

114-1455 Youville Drive * 613-590-1448 * www.orleanstaekwondo.ca

EFFECTIVE January 7, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:00pm PRIVATE CLASSES	5:30-6:00pm PRIVATE CLASSES		5:30-6:00pm PRIVATE CLASSES		8:30 to 10:00 am Red belt & up All ages
6:00 – 6:45pm BEG AGES 6-10	6:00 – 6:45pm INT/ADV AGES 6-10	6:00 – 6:45pm BEG AGES 6-10	6:00 – 6:45pm INT/ADV AGES 6-10		10:00 – 10:30 am AGES 3-5 LITTLE NINJAS
6:45 – 7:30 pm BEG All ages Family Class 2+	6:45 – 7:30 pm INT/ADV All ages Family Class 2+	6:45 – 7:30 pm BEG All ages Family Class 2+	6:45 – 7:30 pm INT/ADV All ages Family Class 2+	6:30 - 8:00 pm <i>Competitive</i> JUNIOR / SENIOR SPARRING TEAM	10:30 – 11:15am All belts AGES 6-10
7:30 - 8:15 pm BEG Ages 11 plus	7:30 - 8:15 pm INT/ADV Ages 11-15	7:30 - 8:15 pm BEG Ages 11 plus	7:30 - 8:15 pm INT/ADV Ages 11-15		11:15 - 12:00pm All belts All ages
	8:15 - 9:15 pm INT/ADV 16 plus		8:15 - 9:15 pm INT/ADV 16 plus		

BEG: White, Yellow, Orange, Green Belts

INT/ADV: Blue, Red Stripe, Red, Black Stripe

Competitive sparring teams: By invitation only, additional fees apply.

Private classes: By request, additional fees apply.

Promotional belt testing: Additional fees apply.