



JUNG KO TAEKWONDO ACADEMY SCHEDULE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:30 – 1:30		12:30 – 1:30		12:30 – 1:30		
BOXING CLASS		BOXING CLASS		BOXING CLASS		
4:15 – 4:45	4:15 – 4:45	4:15 – 4:45	4:15 – 4:45	4:00 – 4:30	11:00 – 11:30	11:00 – 11:30
TINY TIGER TOTS 3 – 5 YEARS ONLY	TINY TIGER TOTS 3 – 5 YEARS ONLY	TINY TIGER TOTS 3 – 5 YEARS ONLY	TINY TIGER TOTS 3 – 5 YEARS ONLY	TINY TIGER TOTS 3 – 5 YEARS ONLY	TINY TIGER TOTS 3 – 5 YEARS ONLY	TINY TIGER TOTS 3 – 5 YEARS ONLY
4:45 – 5:30	4:45 – 5:30	4:45 – 5:30	4:45 – 5:30	4:30 – 5:15	11:30 – 12:15	11:30 – 12:15
JUNIOR (BEGINNER)	JUNIOR	JUNIOR (SPARRING)	JUNIOR	JUNIOR (BEGINNER)	JUNIOR (BEGINNER)	JUNIOR (BEGINNER)
5:30 – 6:15	5:30 – 6:15	5:30 – 6:15	5:30 – 6:15	5:15 – 6:00	12:15 – 1:00	12:15 – 1:00
JUNIOR (SPARRING)	JUNIOR	JUNIOR (BEGINNER)	JUNIOR	JUNIOR (SPARRING)	JUNIOR (SPARRING)	JUNIOR (SPARRING)
6:15 – 7:00	6:15 – 7:00	6:15 – 7:00	6:15 – 7:00	6:00 – 6:45	1:00 – 1:45	1:00 – 2:00
JUNIOR (SPARRING)	JUNIOR (BEGINNER)	JUNIOR (SPARRING)	JUNIOR (BEGINNER)	JUNIOR (SPARRING)	JUNIOR Self defence & Patterns	FAMILY & ADULT
						ALL BELTS
7:00 – 8:00	7:00 – 8:00	7:00 – 7:45	7:00 – 7:45	6:45 – 7:45	1:45 – 2:30	2:30 – 4:30
JUNIOR (SPARRING) Grappling & Takedown	JUNIOR Muay Thai & Boxing	JUNIOR Patterns & Sparring	JUNIOR Nunchuks & Weapon	FAMILY & ADULT	FAMILY & ADULT	BIRTHDAY PARTY RESERVE TODAY!
8:00 – 9:00	8:00 – 9:00	7:45 – 8:45	7:45 – 8:45	7:45 – 9:45	2:30 – 4:30	BIRTHDAY PARTIES ! Invite all your friends and celebrate your next Birthday with JUNG KO TAEKWONDO
TEEN / ADULT	TEEN / ADULT	TEEN / ADULT	TEEN / ADULT	TOURNAMENT PREP CLASS *BY INVITATION ONLY*	TOURNAMENT PREP CLASS *BY INVITATION ONLY*	
AFTERSCHOOL TKD PROGRAM <ul style="list-style-type: none"> Taekwondo Games Crafts Homework Help 		SUMMER, MARCH BREAK, WINTER, PA DA CAMPS! REGISTER TODAY! 905-886-7753 www.jungko.com		LIKE US ON FACEBOOK! 		5:00 – 7:00 BIRTHDAY PARTY RESERVE TODAY!