

# Apex TKD Schedule

A Day—Poomsae/ Forms Focused		B Day—Kicking Technique Focused		C Day—Self Defense Focused		
MON	TUES	WED	THUR	FRI	SAT	SUN
	9:30am– 10:30am Adult Class All Belts		9:30am– 10:30am Adult Class All Belts		9:45pm– 10:30am Elite Program Class	
					10:30am– 11:15am All Belt Class	
					11:15am– 12:15am Olympic Sparring	
4:30pm– 5:00pm Open Mat Time	4:30pm – 5:15pm Grasshopper Beginners Class (Ages 4– 6 years old)		4:30pm – 5:15pm Grasshopper Beginners Class (Ages 4– 6 years old)			
5:00pm– 5:45pm Intermediate Class (Orange, Green, & Blue)	5:15pm– 6:00pm Beginner Class (White & Yellow)	5:00pm– 5:45pm Intermediate Class (Orange, Green, & Blue)	5:15pm– 6:00pm Beginner Class (White & Yellow)			
5:45pm– 6:30pm Beginner Class (White & Yellow)	6:00pm– 7:00pm Intermediate & Advanced Class (Orange & Up)	5:45pm– 6:30pm Beginner Class (White & Yellow)	6:00pm– 7:00pm Intermediate & Advanced Class (Orange & Up)			
6:30pm– 7:30pm Advanced Class (Purple & Up) & All Teens/ Adults	7:00pm– 8:00pm Advanced Poomsae	6:30pm– 7:30pm Advanced Class (Purple & Up) & All Teens/ Adults	7:00pm– 8:00pm Advanced Olympic Sparring	<div style="border: 1px solid black; padding: 5px;"> <p>Grasshopper Program Classes</p> <p>Core Program Classes</p> <p>Elite Program Classes</p> <p>Competition Program</p> </div>		
7:30pm– 8:45pm Advanced Olympic Sparring	8:00pm– 8:50pm Competition Poomsae Team Practice	7:30pm– 8:45pm Advanced Poomsae	8:00pm– 8:50pm Competition Sparring Team Practice			

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