

Folsom Taekwondo Center Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00-4:30	4:00-4:30	4:00-4:30	4:00-4:30	4:00-4:30	9:00-10:00
All Belt Fundamentals Ages 6 and up Family Class	Tiny Tigers Ages 3-5 White-Green	All Belt Fundamentals Ages 6 and up Family Class	Tiny Tigers Ages 3-5 White-Green	White - Green Belt Class	Black Belt Club 3rd Saturday of the month
	4:30-4:55		4:30-4:55		
	Tiny Tigers Ages 3-5 Purple-Black		Tiny Tigers Ages 3-5 Purple-Black		
4:30-5:10	5:00-5:40	4:30-5:10	5:00-5:40	4:30-5:00	10:00-10:45
Yellow- Yellow/Green Belt Family Class	White Belt Family Class	Yellow- Yellow/Green Belt Family Class	White Belt Family Class	Green/Blue - Red/Black Technical Poomsae	White - Green Family Class Youth and Adult
	5:40-6:20 White/Yellow Belt Family Class		5:40-6:20 White/Yellow Belt Family Class		
				Youth/Adult	
5:15-5:55	6:20- 7:00	5:15-5:55	6:20- 7:00	5:00-5:30	10:45-11:30
Green - Green/Blue Family Class	Rec Black - 1st Degree Black Belt Youth Class	Green - Green/Blue Family Class	Rec Black - 1st Degree Black Belt Youth Class	Rec Black - 1st Degree Black Technical Poomsae	Green/Blue - Red/Black Family Class Youth and Adult
				Youth/Adult	
6:00-6:30	7:00-7:40	6:00-6:30	7:00-7:40	5:30-6:00	11:30-12:15
Tiny Tigers Ages 3-5 White - Green	1st - 2nd Degree Black Belt Youth Class	Tiny Tigers Ages 3-5 White - Green	1st - 2nd Degree Black Belt Youth Class	2nd Degree And Up Technical Poomsae	Rec Black Belt - Black Belts Youth and Adult
				Youth	
6:30-7:15	7:40-8:20	6:30-7:15	7:40-8:20	6:00-6:45	1:00-2:00
Blue - Red/Black Family Class	Black Belt Teens Ages 13-15 All 3rd Dans Youth	Blue - Red/Black Family Class	Black Belt Teens Ages 13-15 All 3rd Dans Youth	Sparring Class Ages 6-11	Club Monthly Seminars
				Youth/Adult	Friday
7:15-8:00	8:20-9:05	7:15-8:00	8:20-9:05	6:45-7:30	7:30-8:30
White - Red Belt Adult Class	Rec Black Belt- Black Belt Adults Ages 16 and up	White - Red Belt Adult Class	Rec Black Belt- Black Belt Adults Ages 16 and up	Sparring Class Ages 12+	By Invitation Only Jiu Jitsu 13 and up

This schedule may be changed at anytime to maintain the quality of our classes and strict student to instructor ratios.

www.folsomtaekwondo.net

Schedule as of March 24th, 2022

916-983-1735