

## Folsom Taekwondo Center Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:15-5:00	4:00-4:30	4:15-5:00	4:00-4:30	4:00-4:30	9:00-10:00
Yellow & Yellow/Green Stripe Family Class	Tiny Tigers Ages 3-5 White-Green	Yellow & Yellow/Green Stripe Family Class	Tiny Tigers Ages 3-5 White-Green	White-Green Belt Technical Poomsae	Trainee/Instructor Workout 1st Saturday of the month
	4:30-5:00		4:30-5:00		
5:00-5:45	Tiny Tigers Ages 3-5 Purple-Black	5:00-5:45	Tiny Tigers Ages 3-5 Purple-Black		
Green Belt & Green/Blue Stripe Family Class	White Belt Family Class	Green Belt & Green/Blue Stripe 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 stripe Belt		5:40-6:20 White/Yellow stripe		
5:45-6:15	6:20-7:00	5:45-6:15	6:20-7:00	5:00-5:30	10:45-11:30
Taekwondo Tigers Ages 3-5 All Belts	<b>Rx Black Belts</b> Family Class	Taekwondo Tigers Ages 3-5 All Belts	<b>Rx Black Belts</b> Family Class	Rec Black - 1st Degree Black Technical Poomsae	Green/Blue - Red/Black Family Class Youth and Adult
6:15-7:00	7:00-7:40	6:15-7:00	7:00-7:40	5:30-6:00	11:30-12:15
Blue & Blue/Red Stripe Family Class	1st - 2nd Degree Black Belt Youth Class	Blue & Blue/Red Stripe Family Class	1st - 2nd Degree Black Belt Youth Class	2nd Degree And Up Technical Poomsae	Rec Black Belt - Black Belts Youth and Adult
7:00-7:45	7:40-8:20	7:00-7:45	7:40-8:20	6:00-6:45	12:30-1:30
Red & Red/Black Stripe Family Class	Black Belt Teens Ages 13-15 All 3rd Dans Youth	Red & Red/Black Stripe Family Class	Black Belt Teens Ages 13-15 All 3rd Dans Youth	Sparring Class Ages 6-11	Club Monthly Special Seminar Series
					Friday
7:45-8:30	8:20-9:00	7:45-8:30	8:20-9:00	6:45-7:30	7:30-8:30
White - Red Belt Adult Class	Rec Black Belt- Black Belt Adults Ages 16 and up & 3rd Dan Teens	White - Red Belt Adult Class	Rec Black Belt- Black Belt Adults Ages 16 and up & 3rd Dan Teens	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. [www.folsomtaekwondo.net](http://www.folsomtaekwondo.net)

**Schedule as of Monday, February 27, 2023**

**916-983-1735**