

Mr. B's Taekwon Do Class Schedule *(effective 11/06/2017)*

Families are welcome to train together in any class that matches the rank of the lowest ranking family member.

Monday (Pattern/One Steps)	Tuesday (Pattern/One Steps)	Wednesday (Sparring)	Thursday (Sparring)	Friday (Pattern/One Steps)	Saturday (Sparring)
<u>All Ages</u> Color Belt Pattern 9:00 - 9:45 AM Color Belt Sparring 9:45 - 10:30 AM					<u>All Ages</u> Beginner - Hi Blue 8:15 - 9:00 AM
<u>Children</u> Hi White - Blue Pattern 4:30 - 5:15 Junior Sparring 5:15 - 5:45 Hi Blue – Black Pattern 5:45 - 6:30	<u>Children</u> Beginner - Hi White 4:30 - 5:15 Yellow - Hi Blue 5:15 - 6:00 Red and Up 6:00 - 6:45	<u>Children</u> Yellow - Black 5:00 - 5:45 Pattern Review 5:45 - 6:15	<u>Children</u> Beginner - Hi White 4:30 - 5:15 Yellow - Hi Blue 5:15 - 6:00 Red and Up 6:00 - 6:45	<u>Children</u> Little Warriors Ms. Lexi 4:30 - 5:10 High White & Up 5:15 - 6:00	<u>All Ages</u> Red - Black 9:00 - 10:00 AM Instructor's Class 10:00 - 10:30 AM Mr. B & Staff (Students must be Red Belt or above to attend this class unless you have special permission from Mr. B)
<u>Teens/Adults</u> White - Hi Blue Pattern 6:30 - 7:15 Teen/Adult Sparring 7:15 - 7:45 Red – Black Pattern 7:45 - 8:30	<u>All Ages</u> Black Belts 6:45 - 7:45 <u>Teens/Adults</u> Color Belts 7:30 - 8:15	<u>Teens/Adults</u> Yellow - Black 6:15 - 7:00 Pattern Review 7:00 - 7:30	<u>Teens/Adults</u> All Ranks 7:00 - 8:00	<u>Teens/Adults</u> Beginner - Hi Green 5:15 - 6:00 Blue - Black 6:00 - 7:00	<u>All Ages</u> Demo Team 10:30 - End AM



Mr. B's Taekwon Do
 30 Willand Drive, Somersworth, NH 03878

Phone: 603-534-3868

www.mrbtkd.com

kickwithus@comcast.net