

@online

| MONDAY | TUESDAY - A |        | WEDNESDAY - B |           | THURSDAY |        | FRIDAY |        |
|--------|-------------|--------|---------------|-----------|----------|--------|--------|--------|
| Online | Online      | Dojang | Online        | In Person | Online   | Dojang | Online | Dojang |

3:45 - 4:15  
Tigers  
Ages 4-6

4:20 - 4:50  
Dragons  
Ages 4-6

4:30 - 5:00  
**PowerUp:**  
White  


5:00 - 5:30  
**PowerUp:**  
Yellow/Green Stripe  


5:30 - 6:00  
**PowerUp:**  
Green/Blue Stripe  


6:00 - 6:30  
**PowerUp:**  
Blue/Red Stripe  


6:30 - 7:00  
**PowerUp:**  
Red/Single Black  


4:30 - 5:15  
Youth  
Basic:  
Yellow - Green  


4:30 - 5:15  
Youth  
Basic:  
Yellow - Green  


4:55 - 5:25  
Tigers  
Ages 4-6

5:20 - 6:05  
Youth & Teen  
Intermediate:  
Blue Stripe - Red  


5:20 - 6:05  
Youth & Teen  
Intermediate:  
Blue Stripe - Red  


5:30 - 6:00  
Dragons  
Ages 4-6

5:00 - 5:30  
**PowerUp:**  
Yellow/Green Stripe  


5:00 - 5:30  
Youth  
White  


5:30 - 6:00  
**PowerUp:**  
Green/Blue Stripe  


5:40 - 6:25  
Teen  
Ages 11 & Up

6:00 - 6:30  
**PowerUp:**  
Blue/Red Stripe  


6:05 - 6:35  
White  


6:10 - 7:05  
Youth & Teen  
Advanced:  
Single &  
Double Black  


6:10 - 7:05  
Youth & Teen  
Advanced:  
Single &  
Double Black  


6:30 - 7:00  
**PowerUp:**  
Red/Single Black  


7:10 - 8:10  
Teen & Adult  
Black Belt

7:10 - 8:10  
Teen & Adult  
Black Belt