



Southside Class Schedule

Effective: Sept 1, 2011

Contact us:

780-433-6567

hongparktaekwondo@gmail.com

www.hongparktaekwondo.com

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	9:30 to 10:30 Moms only			9:30 to 10:30 Moms only	9:00 to 10:00 Children Hwarang Team
	1:00 to 1:30 Little Tigers			1:00 to 1:30 Little Tigers	
	1:30 to 2:15 Home Schooling			1:30 to 2:15 Home Schooling	
3:45 to 4:45 Advanced Junior/Children & Black Belt	4:00 to 4:45 Advanced Children	4:00 to 4:45 Beginner Children	3:45 to 4:45 Junior/children Sparring only	4:00 to 4:45 Children Sparring only	10:00 to 11:00 Children Hwarang Team
4:45 to 5:30 Advanced Children	4:45 to 5:30 Beginner Children	4:45 to 5:30 Intermediate Children	4:45 to 5:30 Children Sparring only	4:45 to 5:30 Intermediate/Beginner Children	11:00 to 11:45 Open Junior / Sparring
5:30 to 6:25 Advanced Junior & Black Belt	5:30 to 6:25 Open Junior	5:30 to 6:00 Little Tigers	5:30 to 6:25 Junior Sparring only	5:30 to 6:25 Open Junior / Sparring	11:45 to 12:30 children Sparring only
		6:00 to 6:30 Beginner Little Tigers			
6:30 to 7:15 Advanced Children	6:30 to 7:15 Intermediate/Beginner Children	6:30 to 7:25 Open Junior	6:30 to 7:15 Children Sparring Only	6:30 to 7:15 Children Sparring only	12:30 to 1:15 Beginner Children
7:15 to 8:15 Open Adult	7:15 to 8:15 Junior Hwarang Team	7:30 to 8:30 Adult Hwarang Team	7:15 to 8:15 Open Adult /Sparring	7:15 to 8:00 Intermediate/Beginner Children	1:15 to 1:45 Little Tigers
					1:45 to 2:15 Beginner Little Tigers
8:15 to 9:15 Open High School	8:15 to 9:15 Open Adult	8:30 to 9:30 Open Adult/ Sparring	8:15 to 9:15 Black Belt	8:00 to 9:00 Black Belt Testing Prep	2:15 to 3:15 Leadership team
			9:15 to 10:00 KiChun/GumDo		

*Classes are not held on National or Provincial holidays,
or during tournaments and other major events.*

*“If there would be constant application and industry
with patient and modesty then nothing is impossible”
Master Hong Park*

You must bring sparring gear to sparring only classes, or you will not be permitted to participate.