



CW Taekwondo
Fitness. Community. Excellence
Non-profit Organization

Adult Class Schedule

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

6:00 PM						
6:30 PM					Cardio KickFit 6:00 - 7:00	
7:00 PM	Adult Black Belt 6:30 - 7:30		Cardio KickFit 6:30 - 7:30	Adult Black Belt 6:30 - 7:30		
7:30 PM					Adult L1/L2 7:00 - 8:30	
8:30 PM	Adult L1 7:30 - 8:45	Adult L2 7:30 - 8:45	Adult L3 7:30 - 9:00	Adult L1 7:30 - 8:45	Adult L2 7:30 - 8:45	Adult L3 7:30 - 9:00
8:45 PM	Adult L3 8:30 - 9:45		Adult Sparring 8:30 - 9:45	Adult L3 7:30 - 9:00		
9:00 PM						
9:45 PM	Open Workout	Open Workout	Competition Sparring (by invitation)	Open Workout	Competition Sparring (by invitation)	
10:30 PM						

L1: White Belts

L2: Yellow Belts and Green Stripes

L3: Green Belts thru Double Black Stripe

BB: Black Belts Only

Adult Sparring: (L2 + L3 + BB)

Competition Sparring: by Invitation

Open Workout: All

Cardio KickFit: Yellow Belts and Above