

# Torres Tae Kwon Do

## Tae Kwon Do Class Schedule

1536 Crescent Road Plaza 8, Clifton Park 371-8780

Belt Rank	Monday (Poomse)	Tuesday (Poomse)	Wednesday (Sparring)	Thursday (Sparring)	Friday (Poomse)	Saturday (Sparring)
LITTLE DRAGONS	5:15 - 5:45	4:30 - 5:00	5:15 - 5:45	4:30 - 5:00	5:00 - 5:30	10:30 - 11:00
JUNIOR (WHITE - ORANGE)	5:45 - 6:30	5:00 - 5:45	5:45 - 6:30	5:00 - 5:45	5:30 - 6:15	11:00 - 11:45
JUNIOR (GREEN - PURPLE)	4:30 - 5:15	6:30 - 7:15	4:30 - 5:15	6:30 - 7:15	5:30 - 6:15	11:00 - 11:45
JUNIOR (RED - BLACK)	6:30 - 7:15	5:45 - 6:30	6:30 - 7:15	5:45 - 6:30	5:30 - 6:15	11:45 - 12:30
YOUNG ADULT	7:15 - 8:00	7:15 - 8:00	7:15 - 8:00	7:15 - 8:00	6:15 - 7:00	11:45 - 12:30
ADULT	12:00 - 12:45	7:15 - 8:00	12:00 - 12:45	7:15 - 8:00	6:15 - 7:00	11:45 - 12:30
	8:00 - 8:45		8:00 - 8:45			

Little Dragons: Ages 4 - 6

Juniors: Ages 7 - 11

Young Adults: Ages 12 - 16

Adults: Ages 17 & up