



Jeong's Family Taekwondo Niagara Falls Schedule

3930 Montrose Rd. Niagara Falls ON. (Mount Carmel Centre)
jeongsfamilytkdnf@gmail.com 905-401-KICK(5425)

Children's Class Ages 6 - 12						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White Belt	5:30 - 6:15	4:45 - 5:30	7:00 - 7:45		4:00 - 4:45	9:45 - 10:30
Yellow - Yellow S	4:45 - 5:30		6:15 - 7:00	4:00 - 4:45	5:30 - 6:15	10:30 - 11:15
Orange - Orange S	6:15 - 7:00	5:30 - 6:15		7:05 - 7:50	4:45 - 5:30	11:15 - 12:00
Green - Green S	7:00 - 7:45	4:00 - 4:45	5:30 - 6:15	4:45 - 5:30	6:15 - 7:00	
Blue - Blue S	4:00 - 4:45	7:00 - 7:45	4:45 - 5:30	5:30 - 6:15		12:00 - 12:45
Brown - Red S	4:00 - 4:45	7:00 - 7:45	4:45 - 5:30	5:30 - 6:15		12:00 - 12:45
Sparring				6:20 - 7:05		
Family Classes	You must be an immediate family to attend this lesson					
		6:15 - 7:00				12:45 - 1:30
Teen/Adult - Must be 13 and up to attend this class (Age Restriction)						
All Adults	7:45 - 8:30	7:45 - 8:30	7:45 - 8:30		7:00 - 7:45	1:30 - 2:15
Sparring	Need approved Sparring Gear to Attend. Please speak to your School Director.				7:50 - 8:35	
Black Belt Class						
All Blackbelts		7:45 - 8:30	4:00 - 4:45	7:50 - 8:35	7:00 - 7:45	1:30 - 2:15
Little Tigers Ages 3-5 Gym 2						
White Belt ONLY	5:15 - 5:45	5:30 - 6:00	5:00 - 5:30		4:45 - 5:15	10:45 - 11:15
Yellow - Red	5:45 - 6:15	5:00 - 5:30	5:30 - 6:00		5:15 - 5:45	11:15 - 11:45

Starting Tuesday September 5th, 2023

For Jeong's Family Taekwondo News, Special Events, Holidays, Snow Day, Testing Closures and CAMP  Follow/Like us on FACEBOOK! www.facebook.com/jeongsfamilytaekwondo  Follow/Like us on Instagram! @jeongsfamilytkd #jeongsfamilytkd #niagarablackbelts  Email: jeongsfamilytkdnf@gmail.com	BIRTHDAY Parties! Awesome Birthday Parties! WE CAN HOST a World Class Party for you and your guests. Includes Taekwondo Class, Board Breaking for all participants, Games, Pizza party and Drinks! It's sure to be your most unique party ever!  (See Front Desk for more Details)
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If you are enjoying your classes, please tell a friend! We appreciate your referrals!