

St. Catharines South Location





Grand Master Jeong's Family Taekwondo

210 Glendale Ave* St. Catharines* ON* 905-322-2000

** This Schedule will start from **SEPT 5TH 2023** **

CHILDREN'S CLASS (Ages 6 -12)						
Belt level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (AM)
White	6:10 – 6:55	4:50 – 5:35	5:25 – 6:10	4:00 – 4:45	5:50 – 6:35	10:05 – 10:50
Yellow	6:10 – 6:55	4:50 – 5:35	5:25 – 6:10	4:00 – 4:45	5:50 – 6:35	10:05 – 10:50
Yellow St	5:20 – 6:05	6:15 – 7:00	4:00 – 4:45	4:00 – 4:45	5:00 – 5:45	10:55 – 11:40
Orange – Orange St	5:20 – 6:05	6:15 – 7:00	4:00 – 4:45	5:25 – 6:10	5:00 – 5:45	10:55 – 11:40
Green	5:20 – 6:05	6:15 – 7:00	4:00 – 4:45	5:25 – 6:10	5:00 – 5:45	10:55 – 11:40
Green Stripe	7:00 – 7:45	4:00 – 4:45	6:15 – 7:00	5:25 – 6:10	4:15 – 5:00	11:45 – 12:30
Blue – Blue St	7:00 – 7:45	4:00 – 4:45	6:15 – 7:00	7:10 – 7:55	4:15 – 5:00	11:45 – 12:30
Brown, Red, Danbo	7:00 – 7:45	4:00 – 4:45	6:15 – 7:00	7:10 – 7:55	4:15 – 5:00	11:45 – 12:30
SPARRING				6:20 – 7:05 (CHILDREN)	7:30 – 8:15 (TEEN/ADULT)	
Teen/Adult - Must be 13 and up to attend this class (Age restriction)						
Teen/Adults	7:50 – 8:35	7:05 – 7:50	7:50 – 8:35	7:55 – 8:40		12:30 – 1:15
Black Belt Class (Only 13 and up Black Belts can attend Adult class)						
1 st Black Belt	7:00 – 7:45 (Children)		7:00 – 7:45	7:10 – 7:55	4:15 – 5:00 (Children)	11:45 – 12:30
2 nd Black & up	7:50 – 8:35 (Teen/Adult)	7:05 – 7:50 (Teen/Adult)	7:00 – 7:45	7:10 – 7:55		12:30 – 1:15
Family Class- (Minimum 6 years old)						
Family Class	4:00 – 4:45				6:40 – 7:25	
Little Tigers (Ages 4,5)						
When student turns 6 years old they will move to the children class.						
Little Tigers	4:50 – 5:20	5:40 – 6:10	4:50 – 5:20	4:50 – 5:20		9:30 – 10:00

1. Please let us know ahead of time if you are missing classes due to an illness, vacation and or other reasons.
2. **Sparring Classes** (Orange Belt & Higher) – Sparring Equipment is required.
3. **Testing** - Please hand in Testing Application form at least 5 Days prior to the testing date.

<p>Birthday Parties!</p> <p>Awesome Birthday Parties! We can host a World Class Party for you and your guests. Includes Taekwondo Class, Board Breaking for all participants, Games and Pizza Party! It's sure to be your more unique party ever! (See front desk for more details)</p> 	<p>IF You are enjoying your classes, please tell a friend!</p> <p>We appreciated your referral.</p> 
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For Jeong's Family TKD News/Holidays/SnowDays/Testing/Closures & Special Events – Follow/Like us on:

EMAIL: jeongsfamilytkd@gmail.com

FACEBOOK! www.facebook.com/jeongsfamilytaekwondo

INSTAGRAM! [#jeongsfamilytkd](https://www.instagram.com/jeongsfamilytkd) [#niagarablackbelts](https://www.instagram.com/niagarablackbelts)

SCHEDULE IS SUBJECT TO CHANGE