



# -JAE HUN KIM TAE KWON DO INSTITUTE

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TKD-Ashland.com & TKD-BOSTON.COM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 Adults/Family All Levels	12:00 Adults/Family All Levels	12:00 Adults/Family All Levels Light Sparring Yellow Stripe & up	12:00 Adults/Family All Levels	12:00 Adults/Family All Levels	9:30 am CHILDREN All Levels 10:15 am CHILDREN Light Sparring Yellow stripe and up
4:00 pm CHILDREN White Belt & Yellow Stripe	4:00 pm CHILDREN All Levels	4:00 pm CHILDREN All Levels	4:00 pm CHILDREN All Levels	4:00 pm CHILDREN White Belt & Yellow Stripe	11:00 am ADULTS Light Sparring Yellow Stripe & up
4:45 pm CHILDREN All Levels	4:45 pm CHILDREN Yellow Belt to Black Belt	4:45 pm CHILDREN Light Sparring Yellow Stripe & up	4:45 pm CHILDREN Black Belt Program	4:45 pm CHILDREN Yellow Belt to Black Belt	12:00 pm ADULTS/Family All Levels
5:30 pm Adult/Parent&Child* Forms/Test Review All Levels	5:30 pm Adult/Parent&Child* All Levels 2 <sup>nd</sup> Half CARDIO	5:30 pm Adult/Parent&Child* All Levels	5:30 pm Adult/Parent&Child* All Levels	5:30 pm Adult/Parent&Child* All Levels	1:00 pm Adults/All Levels Forms/Test Review
6:30 pm ADULTS 2 <sup>nd</sup> Half STRENGTH All Levels	6:30 pm Forms/Test Review Adults/Family All Levels	6:30 pm Forms/Test Review ADULTS/Children All Levels	6:30 pm ADULTS Black Belt Program	6:30 pm ADULTS Light Sparring Yellow Stripe & up	*Advanced children may attend the 5:30 class with permission. They need to be able to focus for 1 hour.
7:30 pm ADULTS/Family All Levels	7:30 pm ADULTS/Family All Levels	7:30 pm ADULTS Light Sparring Yellow Stripe & up	7:30 pm ADULTS/Family All Levels	7:30 pm ADULTS/Family All Levels	HOURS: Mon – Fri 4:00-8:30 Sat – 9:30-2:00 ADULTS: 12 and Up