



JAE HUN KIM TAEKWON-DO INSTITUTE

Adult Class Schedule

www.tkd-boston.com

Monday

10:00am
All Levels

NOON
All Levels

3:30pm
All Levels

5:30pm
All Levels

6:30pm
All Levels
(Dojang 1)

Beginner
(Dojang 2)

7:30pm
Advanced II
Green Belt & Above
(Dojang 1)

7:45pm
All Levels
(Dojang 2)

Tuesday

10:00am
All Levels

NOON
Stretching Class
All Levels

5:30pm
All Levels
(Dojang 1)

Beginner
(Dojang 2)

6:30pm
Stretching Class
All Levels

7:30pm
Forms and One Step
Combinations

8:30pm
Competition Team
Training

Wednesday

10:00am
All Levels

NOON
All Levels

3:30pm
Forms Class
All Levels

5:30pm
All Levels

6:30pm
All Levels
(Dojang 1)

Beginner
(Dojang 2)

7:30pm
Light Sparring
(Dojang 1)

7:45pm
All Levels
(Dojang 2)

Thursday

10:00am
Forms Class
All Levels

NOON
All Levels

5:30pm
High Intensity
Workout
(Dojang 1)

Beginner
(Dojang 2)

6:30pm
All Levels

7:45pm
All Levels
(Dojang 2)

8:30pm
Competition Team
Training

Friday

10:00am
All Levels

NOON
All Levels

3:30pm
All Levels

5:30pm
Full Range Sparring
Techniques
(No sparring equipment
needed)

6:30pm
Forms Class
(Dojang 1)

Beginner
(Dojang 2)

7:30pm
Full Range
Sparring
(Dojang 1)

7:45pm
All Levels
(Dojang 2)

Saturday

10:00am
All Levels

11:00am
Yellow Belts
& Above

NOON
Black Belt Forms

1:00pm
Competition Team
Training

2:00pm
BB Program
Seminar

3:00pm
All Levels

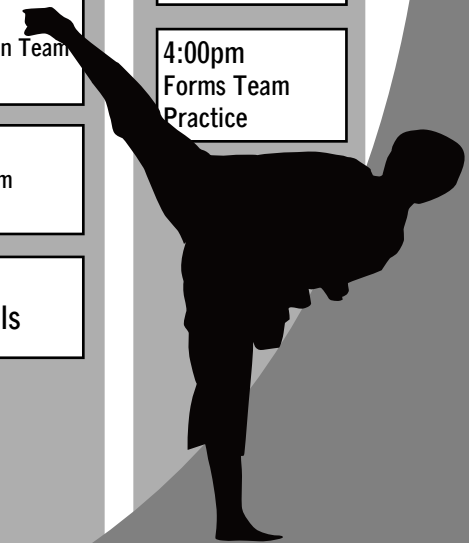
Sunday

10:00am
Open
Workout

1:00pm
All Levels

3:00pm
All Levels

4:00pm
Forms Team
Practice



School Hours

Monday - Friday 10am - 9pm
Saturday 10am - 6pm
Sunday 10am - 4pm