

DeSoto Taekwondo



James Pierce

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Class Schedule

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>SATURDAY</u>
<i>Little Dragons</i> (3-5 yrs)		4:30-5:00 pm		4:30-5:00 pm	10:45-11:15 am
<i>White-Yellow</i> (5-10 yrs)	6:00-6:30 pm	5:00-5:30 pm		5:00-5:30 pm	10:45-11:15 am
<i>Orange-Black/Red</i> (5-10)		5:30-6:15 pm	6:00-6:45 pm	5:30-6:15 pm	10:00-10:45 am
<i>Black Belts</i> (6-14 yrs)	5:00-6:00 pm		4:30-5:15 pm* 5:15-6:00 pm * <i>weapons class</i>	6:15-7:00 pm	11:15-11:45 am* 11:45-12:30 pm * <i>weapons class</i>
<i>Extreme Team</i>	5:00-6:00 pm		5:15-6:00 pm	6:15-7:00 pm	11:45-12:30 pm
<i>Tweens</i> (9-13 yrs)	6:30-7:15 pm	6:15-7:00 pm	6:45-7:30 pm		10:00-10:45 am
<i>Adults</i> (14+)	7:15-8:15 pm MMA	3:45-4:30 pm 7:30-8:15 pm		3:45-4:30 pm 7:30-8:15 pm	11:45-12:30 pm
<i>Cardio</i>		7:00-7:30 Lo 8:15-8:45 Hi		7:00-7:30 Lo 8:15-8:45 Hi	12:30-1:00 Hi

Students are required to attend a minimum of 2 classes per week

Note: Testing is every other Thursday. Check the testing schedule (or the online calendar) and listen for announcements on Thursday evening class impact.

Effective May 1, 2011