

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:00-5:30 Little Dragons	5:00-5:40 Beginners group 2	5:00-5:30 Little Dragons	5:00-5:40 Beginners group 2	5:00-5:40 Sparring 3-9 yrs	9:30-10:30 am Competition Poomsae
11:00-12:00 YOGA ONLINE	5:35-6:15 Beginners group 1	5:45-6:25 Intermediate Belts and Adults	5:35-6:30 Sparring technique 5-9yrs all belts	5:45-6:25 Intermediate and Adults	5:45-7:00 Sparring 10- up yrs	10:35- 12:00am Competition Sparring
	6:25-7:05 Intermediate and Advanced	6:25-7:05 Advanced belts and Adults	6:40-8:00 Sparring technique 10yrs -up all belts	6:30-7:10 Advanced and Adults		9:30-11am Open Gym
	7:10-8:05 Competition Sparring and Poomsae	7:10-8:05 Competition Poomsae		7:15-8:10 Weapons Green stripe and up		10:00-11:00 Weapons