



# WHITE TIGER TAEKWONDO

Rockwall 972-722-0001

starts 02/06/2019

## LITTLE TIGER'S CLASSES (Age 4 to 6)

Belt	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Low Belt Little Tigers	6:00-6:30p	3:45-4:15p		6:10-6:40p	3:45-4:15p	10:50-11:20a
*High Belt Little Tigers	6:00-6:30p	4:15-4:45p		6:10-6:40p	4:15-4:45p	10:50-11:20a
*LOW : White, Yellow	*HIGH : Green, Blue, Red					

## KID'S CLASSES (Age 7 to 12)

Belt	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White	6:30-7:10p	4:45-5:25p		6:40-7:20p	4:45-5:25p	10:10-10:50a
Yellow	5:20-6:00p		6:00-6:40p	4:00-4:40p		*11:20-12:00p
Green	4:40-5:20p		4:40-5:20p	5:30-6:10p		*11:20-12:00p
Blue		5:25-6:05p	4:00-4:40p		5:25-6:05p	*12:00-12:40p
Red	4:00-4:40p	6:05-6:45p	5:20-6:00p		5:25-6:05p	*12:00-12:40p
Deputy	4:00-4:40p		7:20-8:00p			

\* Saturdays prior to belt test we will have Breaking Day Event instead of regular classes.

## FAMILY CLASSES (KIDS & ADULT)

Belt	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Low Belt(White - Green)		7:35-8:15p			6:05-6:45p	
High Belt(Blue - Deputy)	7:10-7:50p			7:20-8:00p		

## ADULT CLASSES (Age 13+)

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Evening	7:50-8:40p		8:00-8:50p	8:00-8:50p	6:45-7:35p	9:20-10:10a

## BLACK BELT CLASSES (KIDS & ADULT)

Belt	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All degree	7:50-8:40p	6:45-7:35p	8:00-8:50p	4:40-5:30p 8:00-8:50p	6:45-7:35p	9:20-10:10a

## WHITE TIGER SPECIAL CLASSES

Class Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Demo Team					7:35-8:25p	12:40-1:40p
Jr. Leader Team			6:40-7:20p			