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# NIAGARA FALLS SCHOOL SCHEDULE

INTERESTED IN SIGNING UP? Visit <http://www.niagarataekwondo.com/booknow> to book a free trial class.

|   | Monday         | Tuesday        | Wednesday      | Thursday       | Friday                       | Saturday                          |
|---|----------------|----------------|----------------|----------------|------------------------------|-----------------------------------|
| <b>Kids All Belt</b> (Age 4 to 6)                                     | 4:15 - 5:00 pm | 4:15 - 5:00 pm | 5:05 - 5:50 pm | 4:15 - 5:00 pm | 5:05 - 5:50 pm               | 9:15 - 10:00 am                   |
| <b>Juniors</b> (Age 7 to 12)<br>White and Yellow Belts                | 5:55 - 6:40 pm | 5:05 - 5:50 pm | 5:55 - 6:40 pm | 5:05 - 5:50 pm | 5:55 - 6:40 pm               | 10:05 - 10:50 am                  |
| <b>Kids and Juniors</b> (Age 4 to 12)<br>Orange, Green and Blue Belts | 5:05 - 5:50 pm | 5:55 - 6:40 pm | 4:15 - 5:00 pm | 6:45 - 7:30 pm | 4:15 - 5:00 pm               | 11:45 - 12:30 pm                  |
| <b>Kids and Juniors</b> (Age 4 to 12)<br>Purple and Brown Belts       | 6:45 - 7:30 pm | 6:45 - 7:30 pm | 7:35 - 8:20 pm | 5:55 - 6:40 pm | 6:45 - 7:30 pm               | 11:45 - 12:30 pm                  |
| <b>Juniors</b> (Age 7 to 12)<br>Red to Black Belt                     | 7:35 - 8:20 pm | 7:35 - 8:20 pm | 7:35 - 8:20 pm | 7:35 - 8:20 pm | 6:45 - 7:30 pm               | 11:45 - 12:30 pm                  |
| <b>Teens and Adults</b> (Age 13+)<br>All Belt                         | 8:20 - 9:05 pm | 8:20 - 9:05 pm | 8:20 - 9:05 pm | 8:20 - 9:05 pm |                              |                                   |
| <b>Family Class</b><br>All ages, All Belt                             |                |                | 6:45 - 7:30 pm |                |                              | 10:55 - 11:40 am                  |
| <b>Black Belt Class</b><br>(Red to Black Belts)                       |                | 7:35 - 8:20 pm |                | 7:35 - 8:20 pm |                              |                                   |
| <b>Team Jung's High Performance Class</b>                             |                |                |                |                | 7:35 - 9:05 pm<br>(Sparring) | 12:30 - 2:30 pm<br>(Poomsae/Demo) |

\*Please remember your weekly class allocation. There's a cap for each class and **you must register for the class before joining.**

\*Please stay home if you or your family member feel unwell. Feel free to re-book your registered class as needed. In order to book a make up class, you must have an active membership and you cannot collect make up classes to extend your membership. Your make up class shall not carry over to the following week. In unforeseen circumstances and it needs to be carried over to the subsequent week, you must come in for extra class on top of your weekly class allocation to make up for the missed class. No reimbursement for missed class or missed make-up class.

\*Within one year of a membership term, we offer a maximum of two (2) membership freezes for a planned absence of 2 consecutive weeks or more. This membership freeze must be informed in writing (email), in advance and cannot be backtracked.

\*We are closed on statutory holidays. Also classes may be canceled due to weather conditions or any other unexpected conditions.

\*Schedule is subject to change depending on the demand for each class and/or as school matures with belt advancement. We thank you in advance for your generous understanding.