

Due to the remodel some classes may be moved to accommodate the limited space for that night's original schedule

Class Timing: First Station - 35 minutes (includes warm-up), Second Station- 25 minutes, Third Station - 25 minutes (End of Class for 7 to 9 year olds)

Week #	Date	Stations	Last 30 Minutes for Advanced/Black Belts
1	4/4	Walking Drills, Pad Drills, Forms	Taeguek Forms, Koryo
2	4/11	Timing Drills, Self-Defense, Forms	Palgwe Forms, Keumgang
3	4/18	Olympic Sparring, Point Sparring, Foam Sword	Foam Sword
4	4/25	Walking Drills, Pad Drills, Forms	Taeguek 5 to 6
5	5/2	Timing Drills, Self-Defense, Forms	Palgwe 5 to 6
6	5/9	Breaking	Breaking
7	5/16	Walking Drills, Pad Drills, Forms	Ground Self-Defense
8	5/23	Timing Drills, Self-Defense, Forms	Koryo
9	5/30	Nunchuka, Creative Forms, Ground Basics (BJJ)	Cane
10	6/6	Walking Drills, Pad Drills, Forms	Keumgang
11	6/13	Timing Drills, Self-Defense, Forms	Test Review
12	6/20	Testing	Testing