

# Taekwondo Schedule

Effective September 7, 2021



1117 MD Route 3 North Gambrills, MD 21054 • (410) 721-4400 • www.vuong.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
After School 4:15pm - 4:45pm	After School	After School 4:15pm - 4:45pm	After School	After School 4:15pm - 4:45pm	Team 9:00am – 11:00am
After School 4:45pm – 5:25pm	Little Ninjas No Belt & White Belt Ages 4-6 5:00pm - 5:30pm	After School 4:45pm – 5:25pm	Little Ninjas No Belt & White Belt Ages 4-6 5:00pm - 5:30pm	After School 4:45pm – 5:25pm	Little Ninjas No Belt & White Belt Ages 4-6 11:00am-11:30am
Yellow, Green & Blue Belts 5:30pm - 6:10pm	Yellow Center & Half Belts / No Belts & White Belts Ages 7-12 5:35pm - 6:15pm	Yellow, Green & Blue Belts 5:30pm - 6:10pm	Yellow Center & Half Belts / No Belts & White Belts Ages 7-12 5:35pm - 6:15pm	Sparring Ages 4-8 5:30pm – 6:10pm	Private Lessons Please check with the office for availability
Yellow Center & Half Belts / No Belts & White Belts Ages 7-12 6:15pm - 6:55pm	Yellow, Green & Blue Belts 6:20pm - 7:00pm	Yellow Center & Half Belts / No Belts & White Belts Ages 7-12 6:15pm - 6:55pm	Yellow, Green & Blue Belts 6:20pm - 7:00pm	Sparring Ages 9-12 6:15pm – 6:55pm	
Red & Black Belts / Adult Taekwondo Ages 13 & up 7:00pm – 7:50pm		Red & Black Belts / Adult Taekwondo Ages 13 & up 7:00pm – 7:50pm		Sparring Ages 13 & up 7:00pm – 7:50pm	