



# Polaris Taekwondo



## Class Schedule

MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY		SATURDAY
Little Tigers I (age 4-6) 5:15 – 5:45 PM	White Belt 5:15 – 6:00 PM	Little Tigers II (age 5-6) 5:00 – 5:45 PM	Little Tigers I (age 4-6) 5:15 – 5:45 PM	White Belt 5:15 – 6:00 PM	Little Tigers II (age 5-6) 5:00 – 5:45 PM	Little Tigers I (age 4-6) 5:15 – 5:45 PM	White Belt 5:15 – 6:00 PM	Forms / Weapons Competition 9:30 – 10:30 AM
Beginners (Yellow – Orange Stripe) 5:30-6:45 PM		Intermediate (Green – Blue Stripe) 5:30 – 6:45 PM	Beginners (Yellow – Orange Stripe) 5:30-6:45 PM		Intermediate (Green – Blue Stripe) 5:30 – 6:45 PM	Beginners (Yellow – Orange Stripe) 5:30-6:45 PM		Intermediate Advanced (Green – Red-stripe) 10:15 –11:30 AM
Black Belt Family / Adult 6:30 – 7:45 PM		Advanced (Brown – Red-Stripe) 6:30 – 7:45 PM	Black Belt Family / Adult 6:30 – 7:45 PM		Advanced (Brown – Red-Stripe) 6:30 – 7:45 PM	Black Belt Family / Adult 6:30 – 7:45 PM		Sparring Competition 11 AM – TBA
Sparring Competition 7:00 – 8:45 PM		Forms Competition 7:00 – 8:45 PM	Sparring Competition 7:00 – 8:45 PM		Forms Competition 7:00 – 8:45 PM	Sparring Competition 7:00 – 8:45 PM		

Call us at 740-549-0290 or email us at [polarisTKD@gmail.com](mailto:polarisTKD@gmail.com)

[www.PolarisTKD.com](http://www.PolarisTKD.com)

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*Effective July 31<sup>st</sup>, 2024*