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## NIAGARA FALLS LOCATION SCHEDULE (starting Oct 5<sup>th</sup>)



**RETURNING STUDENTS:** Please register for your classes.

**NEW STUDENTS:** Please book for a free trial class first.

Visit [www.NiagaraTaekwondo.com](http://www.NiagaraTaekwondo.com) to register/book for your class.



Please remember: parents viewing is unavailable at this time to reduce traffic within the facility. Students can be dropped off and picked up before and after the class. Thank you for your understanding!



As cold season is approaching, wearing a mask is highly recommended, even during the light training. Students can take off their masks whenever they feel it's necessary to do so.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Kids All Belt</b> (Age : 4 to 6) Belt: All Belt	5:00 – 5:40 pm	4:10 – 4:50 pm	4:10 – 4:50 pm	4:10 – 4:50 pm	5:00 – 5:40 pm	9:30 – 10:15 am
<b>Juniors Beginner</b> (Age : 7 to 12) Belt: White and Yellow	4:10 – 4:50 pm	5:50 – 6:30 pm	5:50 – 6:30 pm	5:00 – 5:40 pm	4:10 – 4:50 pm	10:25 – 11:10 am
<b>Kids and Juniors Intermediate Class</b> (Age: 4 to 12) Belt: Orange, Green and Blue	5:50 – 6:30 pm	5:00 – 5:40 pm	5:00 – 5:40 pm	6:40 – 7:20 pm	5:50 – 6:30 pm	10:25 – 11:10 am
<b>Junior Advanced Class</b> (Age: 7 to 12) Belt: Purple and Up	6:40 – 7:20 pm	6:40 – 7:20 pm		5:50 – 6:30 pm	6:40 – 7:20 pm	10:25 – 11:10 am
<b>Teens and Adults</b> (Age: 13 and up) Belt: All belt	7:30 – 8:10 pm	7:30 – 8:10 pm	7:30 – 8:10 pm	7:30 – 8:10 pm	7:30 – 8:10 pm	
<b>Family Class</b> (All Ages/All Belt)			6:40 – 7:20 pm			11:20 am – 12:05
<b>Ladies Fitness Kickboxing Class</b> Age: 13 and up		8:20 – 9:00 pm		8:20 – 9:00 pm		

**During the 10 minutes of buffer time between each classes, equipment and high traffic areas will be disinfected.**

\*Your regular membership includes two classes per week, on different days. 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. We will try to give you make up class.

\*Unless it is informed and arranged beforehand, no reimbursement or extensions are available for absence or vacations.

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

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