



Please don't forget to download our **Mobile App!** We send out important notices through our app! Search Niagara TKD on App Store or Google Play!

NIAGARA FALLS LOCATION SCHEDULE (starting Sept 7th)



RETURNING STUDENTS: Please register for your classes.

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

Visit 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!



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
Kids All Belt (Age : 4 to 6) Belt: All Belt	4:00 – 4:40 pm 4:50 – 5:30 pm	4:00 – 4:40 pm	4:00 – 4:40 pm 4:50 – 5:30 pm	4:00 – 4:40 pm	4:50 – 5:30 pm	9:00 – 9:40 am
Juniors Beginner (Age : 7 to 12) Belt: White and Yellow	5:40 – 6:25 pm	5:40 – 6:25 pm	5:40 – 6:25 pm	4:50 – 5:35 pm	4:00 – 4:45 pm	9:50 – 10:35 am* (*Juniors All Belt)
Juniors Intermediate (Age: 7 to 12) Belt: Orange, Green and Blue	6:30 – 7:15 pm	4:50 – 5:35 pm	7:20 – 8:05 pm	6:30 – 7:15 pm	5:40 – 6:25 pm	9:50 – 10:35 am* (*Juniors All Belt)
Junior Advanced Class (Age: 7 to 12) Belt: Purple and Up	7:20 – 8:05 pm	6:30 – 7:15 pm		5:40 – 6:25 pm	6:30 – 7:15 pm	9:50 – 10:35 am* (*Juniors All Belt)
Teens and Adults (Age: 13 and up) Belt: All belt	8:10 – 8:55 pm	7:20 – 8:05 pm	8:10 – 8:55 pm	7:20 – 8:05 pm		
Family Class (All Ages/All Belt)			6:30 – 7:15 pm			10:40 – 11:25 am
Team Jung's High Performance Class					7:20 – 8:50 pm	
Ladies Fitness Kickboxing Class Age: 13 and up		8:10 – 8:55 pm		8:10 – 8:55 pm		

*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.