




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!

TEMPORARY SCHEDULE NIAGARA FALLS LOCATION

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
First week of every month is sparring week. Please bring your equipment to your classes. (Yellow Belt and up)					
					<u>Little Tigers</u> Ages 4 9:15 – 9:55 am <u>Family Class</u> 9:55 – 10:40 am <u>Kids & Juniors Class</u> All Belt Age 4 to 12 10:40 – 11:25 am
NEW! TKD After School Pick Up Program 3 – 6 pm NEW!					Private Lessons Available in the Afternoon
<u>Juniors</u> All Belt Age 7 to 12 4:00 – 4:45 pm	NEW! <u>Younger Kids</u> All Belt Age 4 and under 4:00 – 4:45 pm	<u>Juniors</u> All Belt Age 7 to 12 4:00 – 4:45 pm	<u>Juniors</u> All Belt Age 7 to 12 4:00 – 4:45 pm	<u>Younger Kids</u> All Belt Age 4 and under 4:00 – 4:45 pm	Birthday Party Available in the Afternoon (Reserve early to secure the date and time!) 
<u>Juniors</u> Beginner (Wh/Y) Age 7 to 12 4:45 – 5:30 pm	<u>Older Kids</u> All Belt Age 5 and 6 4:45 – 5:30 pm	<u>All Kids</u> All Belt Age 4 to 6 4:45 – 5:30 pm	<u>Juniors</u> Beginner (Wh/Y) Age 7 to 12 4:45 – 5:30 pm	<u>Older Kids</u> All Belt Age 5 and 6 4:45 – 5:30 pm	
<u>All Kids</u> All Belt Age 4 to 6 5:30 – 6:15 pm	<u>Juniors</u> Intermediate (O+) Age 7 to 12 5:30 – 6:15 pm	<u>Junior</u> All Belt Age 7 to 12 5:30 – 6:15 pm	<u>All Kids</u> All Belt Age 4 to 6 5:30 – 6:15 pm	<u>Junior</u> All Belt Age 7 to 12 5:30 – 6:15 pm	
<u>Juniors</u> Intermediate (O+) Age 7 to 12 6:15 – 7:00 pm	<u>Juniors</u> Beginner (Wh/Y) Age 7 to 12 6:15 – 7:00 pm	<u>Family Class</u> All Belt All Ages 6:15 – 7:00 pm	<u>Juniors</u> Intermediate (O+) Age 7 to 12 6:15 – 7:00 pm	<u>Kids & Juniors</u> Sparring Class Yellow Belt and up Age 4 to 12 6:15 – 7:00 pm	
<u>Teens & Adults</u> Class Age 13 and up 7:00 – 7:50 pm	<u>Teens & Adults</u> Class Age 13 and up 7:00 – 7:50 pm	<u>Teens & Adults</u> Class Age 13 and up 7:00 – 7:50 pm	<u>Teens & Adults</u> Class Age 13 and up 7:00 – 7:50 pm	<u>Teens & Adults</u> Sparring Class Yellow Belt and up Age 13 and up 7:00 – 7:50 pm	↓ BELT LEVELS ↓ <u>Beginner</u> White (Wh) Yellow (Y) <u>Intermediate</u> Orange (O) and up
<u>Private Lesson by Appointment</u> 7:50 – 8:30 pm	<u>Ladies Fitness</u> Kickboxing Age 13 and up 7:50 – 8:40 pm	<u>Private Lesson by Appointment</u> 7:50 – 8:30 pm	<u>Ladies Fitness</u> Kickboxing Age 13 and up 7:50 – 8:40 pm	<u>Private Lesson by Appointment</u> 7:50 – 8:30 pm	

*Your regular membership includes two classes per week, on different days. Attending to two classes in one day is not allowed unless there is a Master's consent.





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

*No reimbursement or extensions are available for absence or vacations.

*Schedule is subject to change as we grow into more mature school with different belt levels and more volume of students.

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