

New Jersey **Tae Kwon Do** | CHUNG DO KWAN



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Steven Safran HEAD INSTRUCTOR

Tae Kwon Do Schedule Fall 2016

(September 6 – December 23)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
		9:30-10:30 a.m. ADULT All levels		9:30-10:30 a.m. ADULT All levels	
					2:00-3:00 White Belt/ Beginner's class CHILDREN
					3:00-4:00 Advanced class CHILDREN all ages
4:00-5:00 White Belt/ Beginner's class CHILDREN	4:00-5:00 White Belt/ Beginner's class CHILDREN		4:00-5:00 Advanced class CHILDREN Age 5-9	4:00-5:00 Advanced class CHILDREN all ages	4:00-5:30 ADULT age 11 & up
5:00-6:00 Advanced class CHILDREN all ages	5:00-6:00 Advanced class CHILDREN age 5-9		5:00-6:00 White Belt/ Beginner's class CHILDREN	5:00-6:00 Open Practice ADULT	
6:00-7:00 Brown Belt Class CHILDREN	6:00-7:00 Advanced class CHILDREN age 9 & up		6:00-7:00 Advanced class CHILDREN age 9 & up		6:00-7:00 SELF DEFENSE CLASS ages 11 & up
7:00-8:00 White Belt/ Beginner's class ADULT	7:00-8:30 Advanced class ADULT age 11 & up	Livingston kids class 7-8 PM @MPE	7:00-8:00 White Belt/ Beginner's class ADULT		* only on the last Sunday of the month
		Livingston Adult Class 8-9 PM @ MPE	8:00-9:30 Advanced class ADULT age 11 & up		