

New Jersey Tae Kwon Do | Chung Do Kwan

Steven Safran Head Instructor



Tae Kwon Do Schedule Fall 2021

September 7 - December 22

SUN	MON	TUES	WED	THUR	FRI
	9:30-10:30 a.m. ADULT All levels		9:30-10:30 a.m. ADULT All levels		
					12:00 - 1:00 pm ADULT All levels
3:00-4:00 Advanced ADULT/TEEN age 11 & up					
	4:00-4:55 White Belt/ Beginner's CHILDREN	4:00-4:55 Advanced CHILDREN Age 5-9		4:00-4:55 White Belt/ Beginner's CHILDREN	4:00-4:55 Advanced CHILDREN all ages
4:30-5:30 Self Defense age 13 and	5:00-5:55 Advanced CHILDREN age 5-9	5:00-5:55 White Belt/ Beginner's CHILDREN	5:00-5:55 <i>Advanced CHILDREN all ages</i>	5:00-5:55 Advanced CHILDREN age 5-9	5:00-6:00 Open Practice ADULT/TEEN
	6:00-6:55 Advanced CHILDREN age 9 & up	6:00-6:55 Advanced CHILDREN age 9 & up	6:00-6:55 <i>Teen/ish Advanced</i>	6:00-6:55 Advanced CHILDREN age 9 & up	6:00-7:00 <i>Elite Brown & Black Belt Class (invitation only)</i>
	7:00-8:00 White Belt/ Beginner ADULT/TEEN Mixed Advanced	7:00-8:00 <i>Teen/ish Advanced</i>	7:00-8:30 <i>Advanced ADULT/TEEN age 11 & up</i>	7:00-8:00 White Belt/ Beginner ADULT/TEEN Mixed Advanced	
	8:00-9:00 Advanced Basics ADULT/ TEEN age 11 & up	8:00-9:30 Advanced ADULT/TEEN age 11 & up		8:00-9:30 Advanced ADULT/TEEN age 11 & up	

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