

New Jersey Tae Kwon Do | Chung Do Kwan

Steven Safran Head Instructor



Tae Kwon Do Schedule SPRING 2026

April 1 - June 26

MON	TUES	WED	THUR	FRI	SAT
9:30-10:30 a.m. ADULT All levels		9:30-10:30 a.m. ADULT All levels			9:30-10:30 a.m. advanced BROWN BELT <i>Invitation only</i>
					11:30-12:30 White Belt CHILDREN
				12:00 - 1:00 pm ADULT All levels	
					For information about Saturdays: Tom (917) 608-6957 tom@tomshaheen.com
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	
5:00-5:55 Advanced CHILDREN age 5-9	5:00-5:55 White Belt/ Beginner's CHILDREN	5:00-5:55 Advanced CHILDREN all ages	5:00-5:55 Advanced CHILDREN age 5-9	5:00-6:00 Open Practice ADULT/TEEN & Elite Brown	
6:00-6:55 Advanced CHILDREN age 9 & up	6:00-6:55 Advanced CHILDREN age 9 & up	6:00-7:30 Advanced ADULT/TEEN age 11 & up	6:00-6:55 Advanced CHILDREN age 9 & up		
7:00-8:00 White Belt/ Beginner ADULT/TEEN	7:00-8:30 Advanced ADULT/TEEN age 11 & up		7:00-8:30 ADULT/TEEN age 11 & up <i>All levels</i>		
8:00-9:00 Advanced Basics ADULT/ TEEN age 11 & up		7:30-8:30 Black Belt Class			
					Scan for Website 