

New Jersey Tae Kwon Do | Chung Do Kwan

Steven Safran Head Instructor



Tae Kwon Do Schedule WINTER/SPRING 2023

January 2 - June 23

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
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 <i>Advanced CHILDREN all ages</i>	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	6:00-6:55 Advanced age 9 & 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 <i>Advanced ADULT/TEEN age 11 & up</i>	7:00-8:00 White Belt/Beginner ADULT/TEEN	
8:00-9:00 Advanced Basics ADULT/TEEN age 11 & up		8:30-9:30 Black Belt Class	8:00-9:30 Advanced ADULT/TEEN age 11 & up	

114 Valley St.
South Orange, NJ 07079

www.tkdj.com
email: steve@tkdj.com

studio: 973-821-5338
mobile: 973-979-4642