

# Sheroan's Tae Kwon Do Academy, LLC

## Class Schedule

### *Daytime Classes*

<b>Tae Kwon Do All Students</b>	<b>Monday, Wednesday, &amp; Friday</b>	<b>8:30 AM to 9:30</b>
	<b>Monday, Wednesday, Friday, Saturday</b>	<b>11:00 AM to 12:00</b>

### *Evening Classes*

<b><i>Little Dragon</i> All Belts 4 to 6 years old</b>	<b>Tuesday, Wednesday, &amp; Friday</b>	<b>5:15 PM to 6:00 PM</b>
	<b>Thursday</b>	<b>5:00 PM to 5:40 PM</b>
<b><i>TKD – Beginners</i> Children, age 7-14 White – Yellow Belts</b>	<b>Monday, Wednesday, &amp; Friday</b>	<b>5:15 PM to 6:00 PM</b>
	<b>Thursday</b>	<b>5:45 PM to 6:30 PM</b>
<b><i>TKD – Intermediate</i> Children, age 7-14 Orange, Green, &amp; Purple Belts</b>	<b>Monday, Wednesday, &amp; Friday</b>	<b>5:15 PM to 6:00 PM</b>
<b><i>TKD - Advanced</i> Children, age 7-14 Blue, Brown, Red, &amp; Black Belts</b>	<b>Monday &amp; Wednesday</b>	<b>6:15 PM to 7:00 PM</b>
	<b>Friday</b>	<b>6:15 PM to 7:15 PM</b>
<b><i>TKD - Adults, All Belts</i> 15 years old and up</b>	<b>Monday &amp; Wednesday</b>	<b>7:15 PM to 8:15 PM</b>
	<b>Tuesday</b>	<b>6:05 PM to 6:55 PM</b>
	<b>Friday</b>	<b>6:15 PM to 7:15 PM</b>
<b><i>TKD - Practice Class</i> All Students Yellow Belt &amp; Above Sparring, Forms &amp; Weapons</b>	<b>Thursday</b>	<b>6:45 PM to 7:45 PM</b>
<b><i>TKD - Adult Red &amp; Black Belts</i> Master Sheroan Instructor</b>	<b>Tuesday</b>	<b>7:00 PM to 8:00 PM</b>
<b><i>Iadio, Sword</i> Master Suarez Instructor</b>	<b>Tuesday</b>	<b>7:00 PM to 8:00 PM</b>
	<b>Thursday</b>	<b>6:45 PM to 7:45 PM</b>
<b><i>Vkemi</i> The Art of Falling</b>	<b>Tuesday</b>	<b>6:55 PM to 7:25 PM</b>
	<b>Thursday</b>	<b>6:30 PM to 7:00 PM</b>