

# Sheroan's Tae Kwon Do Academy, LLC

## Class Schedule

### *Daytime Classes*

<b>TAE KWON DO - All Students</b>	<b>Monday &amp; Wednesday</b>	<b>8:30 AM to 9:30</b>
	<b>Monday, Wednesday, Friday, &amp; Saturday</b>	<b>11:00 AM to 12:00</b>

### *Evening Classes*

<b>Little Dragon – 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>TAE KWON DO-Children, age 7-14 White – Yellow Belts Beginners</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>TAE KWON DO-Children, age 7-14 Orange, Green, &amp; Purple Belts, Intermediate</b>	<b>Monday, Wednesday, &amp; Friday</b>	<b>5:15 PM to 6:00 PM</b>
<b>TAE KWON DO-Children, age 7-14 Blue, Brown, Red, &amp; Black Belts Advanced</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>TAE KWON DO-Adults – All Belts 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>TAE KWON DO- Sparring, forms, weapons practice (above Yellow Belt)</b>	<b>Thursday</b>	<b>6:45 PM to 7:45 PM</b>
<b>I A I DO (Sword-Art)</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>Tae Kwon Do – Adult Black Belts</b>	<b>Tuesday</b>	<b>7:00 PM to 8:00 PM</b>
<b>ZUMBA Fitness, for Ladies*</b>	<b>Tuesday</b>	<b>8:15 PM to 9:00 PM</b>
	<b>Thursday</b>	<b>8:00 PM to 9:00 PM</b>
	<b>Saturday</b>	<b>9:00 AM to 10:00 AM</b>

**Visit us at:**

**[www.SheroanTaeKwonDo.com](http://www.SheroanTaeKwonDo.com)  
[school@sheroantaekwondo.com](mailto:school@sheroantaekwondo.com)**