


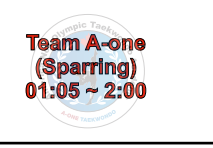

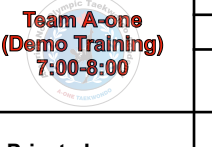


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM 12:00-12:45	Private Lesson by appointment	Private Lesson by appointment	Private Lesson by appointment	Private Lesson by appointment	Private Lesson by appointment		Special
PM 3:30-4:00	(Kindergarten) LITTLE TIGERS	(Kindergarten) LITTLE TIGERS	Private Lesson by appointment	(Kindergarten) LITTLE TIGERS	Private Lesson by appointment	10:00-10:30 Little Tigers	
PM 4:10-4:55	(Children) No-White belt	(Children) Yellow-Green	(Children) Yellow-Green	(Children) No-White belt	(Children) Yellow-Green 4:00-4:45	10:40-11:25 No-White-Orange Belt	
PM 5:05-5:50	(Children) Yellow-Green	(Children) No-White belt	(Children) Blue-Red	(Children) Blue-Red	4:50-5:20 LITTLE TIGERS (Kindergarten)	11:30-12:15 Green-Red Belt	
PM 6:00-6:45	 Black S-Black Belt	(Children) Yellow-Green	6:00-6:30 LITTLE TIGERS (Kindergarten)	(Children) Yellow-Green	(Children) No-White belt 5:25-6:10	 12:20-01:05 Black Stripe-Black Belt	
Pm 6:50-7:35	(Children) Blue-Red	(Children) Blue-Red	(Children) No-Whitebelt 6:40-7:25	 Black S-Black Belt	Red-Black & TEEN / ADULT 6:15-7:00	 Team A-one (Sparring) 01:05 ~ 2:00	
Pm 7:40-8:25	TEEN / ADULT	FAMILY / ADULT	TEEN / ADULT 7:35-8:20	 Team A-one (Sports Poomsae)	 Team A-one (Demo Training) 7:00-8:00	<p>Are you new to Martial Arts?</p> <p>Book a FREE introductory lesson today.</p> <p>Specializing award winning children and adults program.</p>	
PM 8:30-9:15	Private Lesson By Appointment	Private Lesson by appointment	Private Lesson By Appointment	Private Lesson By Appointment	Private Lesson By Appointment	aonetaekwondo.ca@gmail.com	

Rank : NO - WHITE - YEELOW - ORANGE - GREEN - BLUE - PURPLE - BROWN - RED - BLACK STRIPE - BLACK BELT

*We at A-one Taekwondo are constantly trying to improve our schedule to better suit your needs. # Make-up Class: for the make-up class, please contact us and book a class in advance due to limit of unumber Of students.