



Welcome to A-one Taekwondo
www.A-onetkd.co

(780) 915 - 2163

EFFECTIVE FROM 29th APR 2024

	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 Schedule Belt Promotion Test, Movie night, Birthday Party, Team Training etc.
PM 3:30 ~ 4:00	Private Lesson by appointment	Private Lesson by appointment	Private Lesson by appointment	Little A-ONE (Kindergarten)	Private Lesson by appointment	Little A-ONE (Kindergarten) 10:00am ~ 10:30am	
PM 4:10 ~ 4:55	Children Yellow - Green	Children No - White belt	Children Blue - Black	Children No - White belt	Little A-ONE (Kindergarten) 4:00 ~ 4:30	Open Class No - Orange 10:40 am ~ 11:25 am	
PM 5:05 ~ 5:50	Children No - White belt	Children Blue - Black	Children Yellow - Green	Children Blue - Black	Children No - White belt 4:35 ~ 5:20	Open Class Green - Black 11:30am ~ 12:15pm	
PM 6:00 ~ 6:45	Little A-ONE (Kindergarten) 6:00 ~ 6:30	Children Yellow - Green	Little A-ONE (Kindergarten) 6:00 ~ 6:30	Children No - White belt	Children Yellow - Green 5:25 ~ 6:10	Team A-one Training (Sparring Team) 12:20 pm ~ 1:20 pm	
PM 6:50 ~ 7:35	Children Blue - Black 6:35 ~ 7:20	Children No - White belt	Children No - White belt 6:40 ~ 7:25	Children Yellow - Green	Teen / Adult 6:15 ~ 7:00	Special Schedule Belt Promotion Test, Movie night, Birthday Party, Team Training etc.	
PM 7:40 ~ 8:25	Teen / Adult 7:25 ~ 8:10	Teen / Adult Family	Team A-one Training (Poomsae Team) 7:30 ~ 8:30	Teen / Adult Family	Private Lesson by appointment	Are you new to Martial Arts? Book a FREE introductory lesson today!! Specializing award winning children and adults program.	
PM 8:30 ~ 9:15	Temporary Close	Temporary Close	Temporary Close	Temporary Close	Temporary Close	aonetkd.tamarack@gmail.com	

Rank : NO - WHITE - YELLOW - 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 This schedule is designed to ensure that you receive the training you deserve. number of students.