


	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	(Children) Blue-Brown 4:00-4:45	(Kindergarten) LITTLE TIGERS	Private Lesson by appointment	10:00-10:30 Little Tigers	
PM 4:05-4:50	(Children) No-White belt	(Children) Yellow-Green	(Children) Red-Black Stripe 4:50-5:35	(Children) No-White belt	(Children) Yellow-Green 4:00-4:45	10:40-11:25 No-White-Green Belt	
PM 4:55-5:40	(Children) Yellow-Green	(Children) No-White belt	(Kindergarten) LITTLE TIGERS 5:40-6:10	(Children) Blue-Brown	4:50-5:20 LITTLE TIGERS (Kindergarten)	11:30-12:15 Blue-Black Stripe	
PM 5:45-6:30	(Children) Blue-Brown	(Children) Red-Black Stripe	(Children) Yellow-Green 6:15-7:00	(Children) Yellow-Green	(Children) No-White belt 5:25-6:10	12:20-01:45 Black Belt	
Pm 6:35-7:20	 6:35-08:00 Black Belt	(Children) Blue-Brown	(Children) No-Whitebelt 7:05-7:50	(Children) Red-Black Stripe	Team A-one (Sparring) 6:10-7:00	Private Lesson By Appointment	
Pm 7:25-8:10	TEEN / ADULT 8:00-08:45	FAMILY / ADULT	TEEN / ADULT 7:55-8:40	Team A-one (Sports Poomsae)	Team A-one (Demo Training) 7:00-8:00	Are you new to Martial Arts? Book a FREE introductory lesson today. Specializing award winning children and adults program.	
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.