***Sparring Gear & Weapons:** Students must come prepared with their arms guards, leg guards and gloves on for Sparring Week (3rd week of each month) and bring your FULL gear. Bring weapons only for weapons week (week 4).

*SPORT SATURDAYS: A new concept for Saturday classes that will focus only on the Sport aspect of Taekwondo - Olympic Sparring (what made Taekwondo the most popular martial art in the world). Only for Sport Saturdays, we will give the option for students to train in our Y.H. Park athletic wear (Y.H. Park branded t-shirts & shorts, no belt) instead of our traditional uniform and belt. Students orange belt & up will need to bring their full sparring gear for Sport Saturday classes.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SPORT SATURDAY
4:15 - 5:00 PM	Advanced class blue, purple, red, brown	Intermediate class yellow, orange, green	Advanced class blue, purple, red, brown	Intermediate class yellow, orange green	Beginner class Little Tigers white	**8:30AM** Adult/Teen class (Black belts included)
5:00 - 5:45 PM	Intermediate class yellow, orange green	Beginner class Little Tigers white	Beginner class Little Tigers white	Advanced class blue, purple, red, brown	Intermediate class yellow, orange green	**9:15AM** Beginner class Little Tigers white
5:45 - 6:30 PM	Beginner class Little Tigers white	Advanced class blue, purple, red, brown	Intermediate class yellow, orange green	Beginner class Little Tigers white	Advanced class blue, purple, red, brown	**10:00AM** Intermediate class yellow, orange green
6:30 - 7:15 PM	Black Belt Prep class red/black & deputy	Black Belt Prep class red/black & deputy	Black Belt Prep class red/black & deputy	Black Belt Prep class red/black & deputy	Black Belt Prep class red/black & deputy	**10:45AM** Advanced class - Black Belt blue, purple, red, brown, r/b, deputy, black
7:15 - 8:00 PM	Black Belt class	Black Belt class	Black Belt class	Black Belt class	Black Belt class	
8:00 - 8:45 PM	Adult/Teen class	Adult/Teen class	Adult/Teen class	Adult/Teen class	DEMO TEAM PRACTICE	