



Gold Medal Taekwondo

390 El Camino Real, Suite F, Belmont, CA 94402

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 AM to 10:00 AM	Adults					10:00 AM to 10:45 AM Beginner-Intermediate
3:00 PM to 3:45pm	Mighty Monkees (30 min)	White - Orange		White - Orange	Mighty Monkees (30 min)	11:00 AM to 11:45 AM Black Belt Club (Advanced)
4:00 PM to 4:45pm	Poomsae (Beginner)	Green - Red	Poomsae (Beginner)	Green - Red	White - Orange	
5:00 PM to 5:45pm	Sparring (Beginner-Inter)	Poomsae (Intermediate)	Sparring (Beginner-Inter)	Poomsae (Intermediate)	Beginner-Intermediate	
6:00 PM to 6:45pm	Beginner-Intermediate	Mighty Monkees (30 min)	Beginner-Intermediate	Mighty Monkees (30 min)	Black Belt Club	
7:00 PM to 7:45pm	Sparring (Advanced)	Poomsae (Advanced)	Sparring (Advanced)	Poomsae (Advanced)		