



CHANG'S TAEKWONDO 2021 CLASS SCHEDULE

225 Northfield Rd. Northfield, IL 60093 | www.ChangsTaekwondo.com | (847) 707-2950 | ChangsTKDNorthfield@gmail.com

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00 - 4:30 pm 4:30 - 5:00 pm	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Reserved for Special Events
5:00 - 5:30 pm	Little Ninjas (4-7)	Little Ninjas (4-7)	Little Ninjas (4-7)	Little Ninjas (4-7)	
5:45 - 6:15 pm	Juniors (8-11)	Juniors (8-11)	Juniors (8-11)	Juniors (8-11)	
6:30 - 7:00 pm	Teens / Adults	Teens / Adults	Teens / Adults	Teens / Adults	

Chang's Taekwondo is a certified and licensed dojang under the World Taekwondo Headquarters (Kukkiwon) in Seoul, South Korea. We offer martial arts and fitness classes for all ages and levels. Instruction is provided in a fun, safe, and clean environment with built-in sanitization breaks / checks. Classes are limited capacity, drop-off only, and face coverings must be worn at all times.

OUR PROGRAMS

Little Ninjas- Ages 4-7

Focus on developing motor skills, coordination, self-control, discipline, basic techniques and a strong "Yes I Can" attitude

Juniors- Ages 8-11

Focus on self-confidence, improving agility, balance, and developing techniques & movements that enhance physical ability

Teens/Adults- Ages 12+

Focus on mental strength and physical fitness, stress relief, and advanced conditioning and techniques

STAY CONNECTED:



ChangsTKDNorthfield



ChangsTaekwondo_