

# Roanoke TKD Class Schedule

## Effective Oct. 25th, 2021

### **Little Dragons TKD – Ages 3 to 5 (30 Minute Classes)**

Mon/Wed @ 5:30pm & 6:30pm

Tues/Thurs @ 4pm & 6:30pm

Sat @ 9am

### **Juniors TKD – Ages 5 to 10 (60 Minute Classes\*)**

Mon/Wed @ 5:30pm & 6:30pm

Tues/Thurs @ 4pm, 6:30pm, & 7:30pm

*\*Friday Sparring Class @ 6:30pm (90 Minute Class)\**

Sat @ 9am

### **Teen & Adults TKD – Ages 10 & Older (60 Minute Classes\*)**

Mon/Wed @ 6:30pm

Tues/Thurs @ 6:30pm & 7:30pm

*\*Friday Sparring Class @ 6:30pm (90 Minute Class)\**

Sat @ 9am

### **Specialty Classes**

(See Mr. Abbott for details & eligibility)

Mondays @ 7:30pm – Leadership Class

Wednesdays @ 7:30pm – Advanced Forms & Sparring Concepts

Fridays @ 5:30pm – Weapons Class

Saturdays @ 11:00am – National Demo Team Practice

### **NinjaTrix Classes**

**(Requires NinjaTrix Enrollment)**

#### **Lil' Ninjas – Ages 4 to 7**

Mon-Fri @ 4:45pm (45 Minute Class)

Saturday @ 10am (45 Minute Class)

#### **Junior Ninjas – Ages 8 to 12 (45 Minute Class)**

Mon/Wed/Fri @ 4:45pm

Tues/Thurs @ 5:30pm

Saturday @ 10:00am