



CHANG'S TAEKWONDO

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CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Little Ninjas (4-7) White - Green belts 4:00 - 4:40pm	Little Ninjas (4-7) White - Green belts 4:00 - 4:40pm	Little Ninjas (4-7) White - Green belts 4:00 - 4:40pm	Private Lesson RESERVED 4:00 - 4:30pm	Little Ninjas (4-7) All Belts 4:00 - 4:40pm
Little Ninjas (4-7) Purple - Deputy belts 4:45 - 5:25pm	Little Ninjas (4-7) Purple - Deputy belts 4:45 - 5:25pm	Little Ninjas (4-7) Purple - Deputy belts 4:45 - 5:25pm	Little Ninjas (4-7) All Belts 4:45 - 5:25pm	Juniors/Teens/Adults All Black Belts 4:45 - 5:25pm
Juniors (8-11) White - Deputy belts 5:30 - 6:10pm	Juniors (8-11) White - Deputy belts 5:30 - 6:10pm	Juniors (8-11) White - Deputy belts 5:30 - 6:10pm	Juniors/Teens/Adults All Black Belts 5:30 - 6:10pm	Reserved For Special Events
Candidate / Certified Black Belts 6:15 - 6:55pm	Candidate / Certified Black Belts 6:15 - 6:55pm	Candidate / Certified Black Belts 6:15 - 6:55pm	Competition & Leadership Team <i>(Invite Only)</i>	
Teens / Adults All Belts 7:00 - 7:45pm	Teens / Adults All Belts 7:00 - 7:45pm	Teens / Adults All Belts 7:00 - 7:45pm	6:15 - 7:45pm	

OUR PROGRAMS

Little Ninjas Ages (4-7)	Juniors Ages (8-11)	Teens / Adults Ages (12+)	Candidate / Certified Black Belts	Competition & Leadership Team
Focus on developing motor skills, coordination, self control, discipline, basic techniques and a strong "Yes I Can" attitude	Focus on self confidence, improving agility, balance, and developing techniques & movements that enhance physical ability	Focus on mental strength and physical fitness, stress relief, and advanced conditioning and techniques	Focus on building mental and physical strength, performing, advanced techniques, movements, forms, & prep for certified exams	Special advanced training; building leadership, stamina, accuracy, strength, & prep for competition in forms & sparring



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