

WOLFE PACK TAEKWONDO

(918) 574-4614
5085 S 76th E Ave
Tulsa, OK 74145

NEW SCHEDULE BEGINNING - January 2023

A - Curriculum		B - Theme		C - Specialty	
Uniform Required		WPTKD T-Shirt OK		WPTKD T-Shirt OK	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pick one from Monday / Tuesday		Pick one from Wednesday / Thursday		MC - Unlimited	
Hunters 4pm - 4:45pm	Novice 4pm - 4:30pm	Basic 4pm - 4:30pm	Basic 4pm - 4:30pm	BBC 4:00pm - 4:30pm	Family Class / Make-up 10:30am - 11:00am
Novice 4:45pm - 5:15pm	Warriors 4:30pm - 5:15pm	BBC 4:30pm - 5:15pm	MC 4:30pm - 5:15pm	MC 4:30pm - 5:00pm	Black Belt Prep 11am - 11:45am
Wee Cubs (Parent & Cub) 5:15pm - 5:40pm	Cubs 5:15pm - 5:40pm	Adv. Cubs 5:15pm - 5:40pm	Basic 5:15pm - 5:45pm	BBC 5:00pm - 5:30pm	Leadership Team 11:45am - 12:30pm
Warriors 5:45pm - 6:30pm	Novice 5:45pm - 6:15pm	Cubs 5:45pm - 6:10pm	BBC 5:45pm - 6:30pm	Cubs 5:30pm - 5:55pm	B.I.T.E. Training 1pm - 1:30pm (Fitness Membership Req.)
Novice 6:30pm - 7:00pm	Hunters 6:15pm - 7:00pm	Basic 6:15pm - 6:45pm	Basic 6:30 - 7:00pm	MC 6pm - 6:30pm	Competition Team 12:30pm - 3pm
Guardians 7:00pm - 7:45pm	Black Belts 7:00pm - 7:45pm	MC 6:45pm - 7:30	BBC 7:00pm - 7:45pm	Poomsae (Forms) 6:30pm - 7:00pm	
Teens & Adults 7:45pm - 8:30pm	Novice 7:45pm - 8:15pm	Teens & Adults 7:30pm - 8:15pm			

**Novice -White thru
Green Stripe**

**Hunters - Green thru
Half Blue**

**Warriors - Blue thru
Half Red**

**Guardians - Red thru
Half Black**

Basic - White Uniforms

MC - Masters Club

BBC - Black Belt Club

B.I.T.E - Body Weight Interval Time Endurance