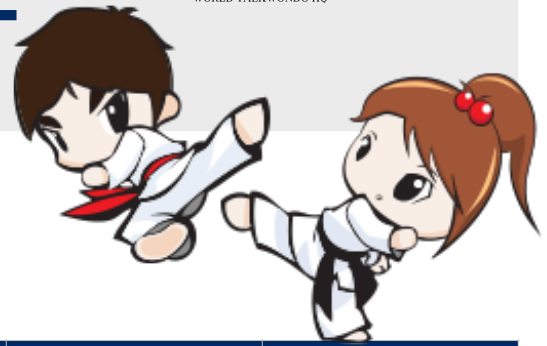




2023 SCHEDULE



Courtesy | Perseverance | Indomitable Spirit | Self Control | Integrity

- Bring clean uniform, belt & water to every class.
- Arrive 5 minutes to class to check in on tablet/coach and be ready to start class.
- Standard membership includes unlimited classes per week, Monday-Saturday.
- Competition Team classes: For students wanting to compete in sparring and/or poomsae.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30pm-6:15pm Fit Kids 3-7	4:00pm-4:45pm Fit Kids 3-7	5:30pm-6:15pm Fit Kids 3-7		5:00pm-5:45pm Fit Kids 3-7	9:00am-10:00am All Ages/Ranks
4:30pm-5:15pm Beginners Kids	4:30pm-5:30pm Sparring Class	4:30pm-5:15pm Beginners Kids	4:30pm-5:30pm Poomsae Class	5:30pm-6:15pm Beginners Kids	9:00am-10:00am Black Belt Class
5:15pm-6:15pm Inter/Adv Kids	5:30pm-6:15pm Beginners Kids	5:15pm-6:15pm Inter/Adv Kids	5:30pm-6:15pm Beginners Kids	6:15pm-7:15pm Teens/Adults	10:00am-11:30am Sparring Class
6:15pm-7:15pm Teens/Adults	6:15pm-7:15pm Teens/Adults	6:15pm-7:15pm Teens/Adults	6:15pm-7:15pm Teens/Adults		11:35am-1:00pm Team Sparring
7:15pm-7:45pm Black Belt Class		7:15pm-7:45pm Black Belt Class			11:35am-1:00pm Team Poomsae

Let us know if you are interested in:
AfterSchool Programming (Fitness, Homework Help, Activities)

Saturday & Sundays
Birthday Parties!

BEGINNERS KIDS: WHITE-ORANGE BELT **INTER/ADV:** GREEN-BLACK **BLACK BELT:** DEPUTY-BLACK
FITKIDS: AGES 3-7 **ALL AGES TKD:** AGES 7+ **KIDS TKD:** AGES 7-12 **TEENS/ADULTS:** AGES 13+

Annual Camps & Events

- Summer Break Camp TBD
- Annual TKD Pool Party August 5, 2023 @ 2-5
- Annual Awards Dinner December 2, 2023 @ 5-8

2023 Holiday Closures

- MLK Day Mon, Jan 16
- Memorial Day Mon, May 29
- Juneteenth Mon, Jun 19
- 4th of July Tue, Jul 4
- Labor Day Mon, Sept 4
- Thanksgiving Day Thur & Fri, Nov 23-24
- Christmas Day Mon, Dec 25
- New Years Day Mon, Jan 1

2023 Tournament Dates

- USAT AZ State Championships, Chandler, AZ, Feb 4, 2023
- USAT Grand Prix, Poland, OR, May 26-28
- *USAT Nationals, Jacksonville, FL, July 7-10
- *USAT Grand Slam, TBD, TBD
- USAT Online Poomsae Championships, TKD Wellness, TBD

Optional Tournaments:

- AAU State Championships, Jan 28, 2023
- AAU Region 10 Championships, TBD, TBD
- AAU Nationals, Ft. Lauderdale, FL July 2-8
- World of Taekwondo (WOT), Chandler, AZ, TBD
- Grand Phoenix Open, Phoenix, AZ, TBD, TBD

***Must Qualify**

2023 Promotion Ceremony Dates

- *Saturday, Apr 1 @ 9am-1pm
- *Saturday, Jul 1 @ 9am-1pm
- *Saturday, Sept 30 @ 9am-1pm
- *Saturday, Dec 16 @ 9am-5pm

***Must Qualify**

