

# New Jersey Tae Kwon Do | Chung Do Kwan

Steven Safran Head Instructor



## Tae Kwon Do Schedule Spring 2019

SUN	MON	TUES	WED	THUR	FRI
	9:30-10:30 a.m. ADULT All levels		9:30-10:30 a.m. ADULT All levels		9:30-10:30 a.m. ADULT All levels
1:00-2:00 White Belt/ Beginner's CHILDREN					
2:00-3:00 Advanced CHILDREN YELLOW GREEN BLUE					
3:00-4:00 Advanced CHILDREN PURPLE RED BROWN					
4:00-5:30 ADULT age 11 & up	4:00-5:00 White Belt/ Beginner's CHILDREN	4:00-5:00 Advanced CHILDREN Age 5-9		4:00-5:00 White Belt/ Beginner's CHILDREN	4:00-5:00 Advanced CHILDREN all ages
	5:00-6:00 Advanced CHILDREN all ages	5:00-6:00 White Belt/ Beginner's CHILDREN		5:00-6:00 Advanced CHILDREN age 5-9	5:00-6:00 Open Practice ADULT
	6:00-7:00 Brown Belt Class CHILDREN	6:00-7:00 Advanced CHILDREN age 9 & up		6:00-7:00 Advanced CHILDREN age 9 & up	
	7:00-8:00 White Belt/ Beginner's ADULT	7:00-8:30 Advanced ADULT age 11 & up	Livingston kids class 7-8 PM @MPE	7:00-8:00 White Belt/ Beginner's ADULT	
	8:00-9:00 Advanced Basics ADULT age 11 & up		Livingston Adult Class 8-9 PM @ MPE	8:00-9:30 Advanced ADULT age 11 & up	

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