

New Jersey Tae Kwon Do | Chung Do Kwan

Steven Safran Head Instructor



Tae Kwon Do Schedule WINTER/SPRING 2023

January 2 - June 23

MON	TUES	WED	THUR	FRI	SAT
9:30-10:30 a.m. ADULT All levels		9:30-10:30 a.m. ADULT All levels			
					11:30-12:30 White Belt/ Beginner's CHILDREN
				12:00 - 1:00 pm ADULT All levels	
4:00-4:55 White Belt/ Beginner's CHILDREN	4:00-4:55 Advanced CHILDREN Age 5-9		4:00-4:55 White Belt/ Beginner's CHILDREN	4:00-4:55 Advanced CHILDREN all ages	
5:00-5:55 Advanced CHILDREN age 5-9	5:00-5:55 White Belt/ Beginner's CHILDREN	5:00-5:55 <i>Advanced CHILDREN all ages</i>	5:00-5:55 Advanced CHILDREN age 5-9	5:00-6:00 Open Practice ADULT/TEEN & Elite Brown	
6:00-6:55 Advanced CHILDREN age 9 & up	6:00-6:55 Advanced CHILDREN age 9 & up	6:00-6:55 Advanced age 9 & up	6:00-6:55 Advanced CHILDREN age 9 & up		
7:00-8:00 White Belt/ Beginner ADULT/TEEN	7:00-8:30 Advanced ADULT/TEEN age 11 & up	7:00-8:30 <i>Advanced ADULT/TEEN age 11 & up</i>	7:00-8:00 White Belt/ Beginner ADULT/TEEN		
8:00-9:00 Advanced Basics ADULT/ TEEN age 11 & up		8:30-9:30 Black Belt Class	8:00-9:30 Advanced ADULT/TEEN age 11 & up		

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