

# New Jersey Tae Kwon Do | Chung Do Kwan

Steven Safran Head Instructor



## Tae Kwon Do Schedule Winter/Spring 2022

January 3 - June 24

SUN	MON	TUES	WED	THUR	FRI
	<b>9:30-10:30 a.m.</b> ADULT All levels		<b>9:30-10:30 a.m.</b> ADULT All levels		
					<b>12:00 - 1:00 pm</b> ADULT All levels
	<b>4:00-4:55</b> White Belt/ Beginner's CHILDREN	<b>4:00-4:55</b> Advanced CHILDREN Age 5-9		<b>4:00-4:55</b> White Belt/ Beginner's CHILDREN	<b>4:00-4:55</b> Advanced CHILDREN all ages
<b>4:30-5:30</b> Self Defense age 13 and	<b>5:00-5:55</b> Advanced CHILDREN age 5-9	<b>5:00-5:55</b> White Belt/ Beginner's CHILDREN	<b>5:00-5:55</b> Advanced CHILDREN all ages	<b>5:00-5:55</b> Advanced CHILDREN age 5-9	<b>5:00-6:00</b> Open Practice ADULT/TEEN
	<b>6:00-6:55</b> Advanced CHILDREN age 9 & up	<b>6:00-6:55</b> Advanced CHILDREN age 9 & up	<b>6:00-6:55</b> <i>Teen/ish</i> Advanced	<b>6:00-6:55</b> Advanced CHILDREN age 9 & up	<b>6:00-7:00</b> <i>Elite Brown &amp; Black Belt</i> Class (invitation only)
	<b>7:00-8:00</b> White Belt/ Beginner ADULT/TEEN Mixed Advanced	<b>7:00-8:30</b> Advanced ADULT/TEEN age 11 & up	<b>7:00-8:30</b> Advanced ADULT/TEEN age 11 & up	<b>7:00-8:00</b> White Belt/ Beginner ADULT/TEEN Mixed Advanced	
	<b>8:00-9:00</b> Advanced Basics ADULT/ TEEN age 11 & up			<b>8:00-9:30</b> Advanced ADULT/TEEN age 11 & up	

114 Valley St.  
South Orange, NJ 07079

www.tkdj.com  
email: steve@tkdnj.com

studio: 973-821-5338  
mobile: 973-979-4642