



# Midwest Tae Kwon Do

584 W. Ann Arbor Trail, Plymouth, MI 48170 • (734) 459-4183 • [www.midwesttaekwondo.com](http://www.midwesttaekwondo.com)

MON	TUE	WED	THU	FRI	SAT
<p><b>Sport Sparring Program</b> (high yellow &amp; above) 5:30-7:00pm</p> <p><b>Jr Intermediate Yellow to Low Green</b> 6:00-6:45pm</p> <p><b>Jr Advanced High Green &amp; Blue</b> 6:00-6:45pm</p> <p><b>Jr Advanced Red &amp; BB Prep</b> 6:45-7:30pm</p> <p><b>Jr Prep &amp; White Belt</b> 6:45-7:15pm</p>	<p><b>Jr Prep &amp; White Belt</b> 4:45-5:15pm</p> <p><b>Jr Intermediate Yellow to Low Green</b> 5:15-6:00pm</p> <p><b>Jr Advanced High Green &amp; Blue</b> 6:00-6:45pm</p> <p><b>Jr Advanced Red &amp; Black Belt</b> 6:45-7:30pm</p> <p><b>Teen/Adult</b> 7:30-8:30pm</p> <p><b>Sparring Comp Team</b> 8:30-10:00pm</p> <p><b>Sport Poomsae Team</b> 8:30-9:45pm</p>	<p><b>Little Kickers</b> 5:00-5:30pm</p> <p><b>Sport Sparring Program</b> (high yellow &amp; above) 5:00-7:00pm</p> <p><b>Recreational Sparring</b> (yellow belt and above) 5:30-6:30pm</p> <p><b>Sparring Comp Team</b> 7:00-8:30pm</p>	<p><b>Special Needs Class</b> (w/autism/aspergers) 4:15-4:45pm</p> <p><b>Jr Prep &amp; White Belt</b> 4:45-5:15pm</p> <p><b>Jr Intermediate Yellow to Low Green</b> 5:15-6:00pm</p> <p><b>Jr Advanced High Green &amp; Blue</b> 6:00-6:45pm</p> <p><b>Jr Advanced Red &amp; Black Belt</b> 6:45-7:30pm</p> <p><b>Teen/Adult</b> 7:30-8:30pm</p> <p><b>Sparring Comp Team</b> 8:30-10:00pm</p> <p><b>Sport Poomsae Team</b> 8:30-9:45pm</p>	<p><b>BB Prep Class*</b> (1<sup>ST</sup> geup &amp; black belt only) 4:30-5:15pm</p> <p><i>* Additional fee required for BB Prep Class. See the desk for eligibility and fees.</i></p> <p><b>Sport Sparring Program</b> (high yellow &amp; above) 5:30-7:00pm</p> <p><b>Sparring Comp Team</b> 7:00-8:30pm</p>	<p><b>Open Class*</b> (Any ranking adult &amp; kids yellow &amp; above) 10:00-11:00am</p> <p><i>* This class is supplemental training-not curriculum specific.</i></p> <p><b>Jr Prep &amp; White Belt</b> 11:00-11:30am (kids' classes)</p> <p><b>Sparring Comp Team</b> 11:30am-1:30pm</p> <p><b>Sport Poomsae Team</b> 9:30-11:00am</p>
<p><b>Aerobic Kickboxing</b> 7:30-8:30pm</p>	<p><b>Senior Fitness</b> 9:00-10:00am</p>	<p><b>Co-Ed Heavy Bag</b> 6:00-6:50pm</p> <p><b>Aerobic Kickboxing</b> 7:30-8:30pm</p>		<p><b>Co-Ed Heavy Bag</b> 5:30-6:15pm</p>	

Belt exams are held once each month. Students are to check the calendar and announcement board.