



Midwest Tae Kwon Do

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

MON	TUE	WED	THU	FRI	SAT
<p>Sport Sparring Program (high yellow & above) 5:30-7:00pm</p> <p>Jr Intermediate Yellow to Low Green 6:00-6:45pm</p> <p>Jr Advanced High Green & Blue 6:00-6:45pm</p> <p>Jr Advanced Red & BB Prep 6:45-7:30pm</p> <p>Jr Prep & White Belt (All students) 6:45-7:15pm</p>	<p>Special Needs Class (6-12 yrs old w/autism/aspergers) 4:15-4:45pm</p> <p>Jr Prep & White Belt 4:45-5:15pm (kids' classes)</p> <p>Jr Intermediate Yellow to Low Green 5:15-6:00pm</p> <p>Jr Advanced High Green & Blue 6:00-6:45pm</p> <p>Jr Advanced Red & Black Belt 6:45-7:30pm</p> <p>Teen/Adult 7:30-8:30pm</p> <p>Sparring Comp Team 8:30-10:00pm</p> <p>Sport Poomsae Team 8:30-9:45pm</p>	<p>Little Kickers 5:00-5:30pm</p> <p>Sport Sparring Program (high yellow & above) 5:00-7:00pm</p> <p>Recreational Sparring (yellow belt and above) 5:30-6:30pm</p> <p>Sparring Comp Team 7:00-8:30pm</p>	<p>Special Needs Class (6-12 yrs old w/autism/aspergers) 4:15-4:45pm</p> <p>Jr Prep & White Belt 4:45-5:15pm (kids' classes)</p> <p>Jr Intermediate Yellow to Low Green 5:15-6:00pm</p> <p>Jr Advanced High Green & Blue 6:00-6:45pm</p> <p>Jr Advanced Red & Black Belt 6:45-7:30pm</p> <p>Teen/Adult 7:30-8:30pm</p> <p>Sparring Comp Team 8:30-10:00pm</p> <p>Sport Poomsae Team 8:30-9:45pm</p>	<p>BB Prep Class* (1ST geup & 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>Sport Sparring Program (high yellow & above) 5:30-7:00pm</p> <p>Sparring Comp Team 7:00-8:30pm</p>	<p>Open Class* (Any ranking adult & kids yellow & above) 10:00-11:00am</p> <p><i>* This class is supplemental training- not curriculum specific.</i></p> <p>Jr Prep & White Belt 11:00-11:30am (kids' classes)</p> <p>Sparring Comp Team 11:30am-1:30pm</p> <p>Sport Poomsae Team 11:30-1:00pm</p> <p>Open Mat* (10 yrs and up) 1:00-2:00pm</p> <p><i>* Must reserve in advance</i></p>
<p>Men's Heavy Bag 7:15-8:00pm</p> <p>Aerobic Kickboxing 7:30-8:30pm</p>	<p>Senior Fitness 9:30-10:30am</p> <p>Co-Ed Heavy Bag 9:30-10:15am</p>	<p>Aerobic Kickboxing 7:30-8:30pm</p>	<p>Co-Ed Heavy Bag 9:30-10:15am</p>	<p>Senior Fitness 9:30-10:30am</p> <p>Co-Ed Heavy Bag 5:30-6:15pm</p>	

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