

Champion Tae Kwon Do Academy Seminole

Grand Master Yong Jun Lee, Director

(727) 399-2999

Class Schedule

Effective August, 2017.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Adult Women's Class 9:30-10:15		Adult Women's Class 9:30-10:15		Special Class Instructor Training 9:00
Kid Tigers Class Beginner 3:10-3:40 AGE 4-5 yrs	After School Intermediate 3:00-3:45	Kid Tigers Class Beginner 3:10-3:40 AGE 4-5 yrs	After School Intermediate 3:00-3:45 <i>Self-defense</i>	After School 3:00-3:45 <i>Sparring /Breaking</i> (Demo class- 4 th week of every month)	Junior Leadership Training 9:00 3rd Sat of every month Jr. Brown & up
Intermediate 3:45-4:30 Green, Purple, Jr. Blue, Sr. Blue <i>Poomse</i> (Children)	Advanced 3:45-4:30 Jr. Brown – Bo-Black <i>Poomse</i> (Children)	Intermediate 3:45-4:30 Green, Purple, Jr. Blue, Sr. Blue <i>Self-defense</i> (Children)	Advanced 3:45-4:30 Jr. Brown – Bo-Black <i>Self-defense</i> (Children)	After School 3:45-4:30 <i>Sparring /Breaking</i> (Demo class- 4 th week of every month)	Black Belt Candidate Class 10:00 (Bo-Black & Probationary Black)
Black Belt 4:30-5:15 <i>Poomse</i> (Children)	Beginner 4:30-5:00 White, Yellow, Orange <i>Poomse</i> (Children)	Black Belt 4:30-5:15 <i>Self-defense</i> (Children)	Beginner 4:30-5:00 White, Yellow, Orange <i>Breaking</i> (Children)	Beginners 4:30-5:00 <i>Breaking</i> (Children)	Forms Class 11:00 (All Belts) (All Ages)
Beginner 5:15-5:45 White, Yellow, Orange <i>Poomse</i> (Children)	Intermediate 5:00-5:45 Green, Purple, Jr. Blue, Sr. Blue <i>Poomse</i> (Children)	Beginner 5:15-5:45 White, Yellow, Orange <i>Breaking</i> (Children)	Intermediate 5:00-5:45 Green, Purple, Jr. Blue, Sr. Blue <i>Self-defense,</i> <i>Sparring</i> (Children)	<i>Sparring/Breaking</i> 5:00-5:45 (Demo class- 4 th week of every month) (Children)	NOTE: White, Yellow, Orange belts need 16 classes before testing
Advanced Class 5:45-6:30 Jr. Brown – Bo Black <i>Poomse</i> (Children)	Beginner 5:45-6:30 White, Yellow, Orange <i>Poomse</i> (Children)	Advanced Class 5:45-6:30 Jr. Brown – Bo Black <i>Self-defense</i> (Children)	Beginner 5:45-6:30 White, Yellow, Orange <i>Breaking</i> (Children)	<i>Sparring/Breaking</i> 5:45-6:30 (Demo class- 4 th week of every month) (Children)	NOTE: Green, Purple, Jr. Blue, Sr. Blue need 26 classes before testing
Adults Class 6:30-7:15 All Belts <i>Poomse</i>	Black Belt 6:30-7:15 <i>Poomse</i> (Teens & Adults)	Adults Class 6:30-7:15 All Belts <i>Self-defense,</i> <i>Breaking</i>	Black Belts 6:30-7:30 <i>Self-defense</i> (Teens & Adults)	<i>Sparring/Breaking</i> 6:30-7:15 (Demo class- 4 th week of every month) (Teens & Adults)	NOTE: Brown, Red, Bo-Black need 30 classes before testing
Adult Black Belt 7:15-8:00	Intermediate 7:15-8:00 <i>Poomse</i> (Teens & Adults)		Intermediate 7:15-8:00 <i>Self-defense</i> (Teens & Adults)	Demo Team Practice 7:15-8:30	NOTE: 1 st Dan Black need 30 classes before testing