

# Beyond Sports: Taekwondo

139 S. State #13, Lindon, UT 84042

801.796.0412

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	XPT	BBC	XPT	BBC	XPT	BBC	XPT	BBC	XPT	BBC	XPT	BBC
8											Masters Class	
9			Teens & Adults				Teens & Adults				Demo Team	Black Belt Poomsae
10			Tigers				Tigers					
11												
12												
1												
2												
3	Teens 12 to 17	Tigers			Teens 12 to 17	Tigers				Leadership Class		
4	Advanced Sparring	Beginning Children	Demo Class	Ninjas	Tricks & Flips	Beginning Children	Beg/Int Sparring	Ninjas		Sport Poomsae		
5	Advanced Children	Ninjas	Intermediate Children	Beginning Children	Advanced Children	Ninjas	Intermediate Children	Beginning Children		Board Breaking		
6	Black Belt Prep		Black Belt All Dans		Teens & Adults	Weapons	Black Belt All Dans		Teens & Adults			
7			Teens & Adults	Beginning Intermediate Advanced Children	Mixed Sparring		Teens & Adults	Beginning Intermediate Advanced Children				
8			Ho Sin Sul				Adult Sparring					
9												

\*Non color-coded are part of the BBC Program, but are not regular curriculum classes. Students must receive approval to attend these classes.

\*\*Class Schedule may change depending on the needs of our students.