



Class Schedule Spring 2022

	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday
8 am										Beyond Spirit & Beyond Force
9 am										Beyond Force Demo Team
4 pm	Beginning		Beginning		Beginning		Beginning		Leadership Class	
	Intermediate		Intermediate		Intermediate		Intermediate			
	Advanced		Advanced		Advanced		Advanced			
	Children		Children		Children		Children			
5 pm	Sparring		Foundations 2	Foundations 1	Foundations 2	Board Breaking	Foundations 2	Foundations 1	Sport Poomsae Team	
6 pm	Black Belt Testing Prep (all Rec Ranks)	Teens & Adults	Black Belts All		Black Belt Testing Prep (all Rec Ranks)	Teens & Adults	Black Belts All			
7 pm	Black Belts All	Weapons	Beginning	Teens & Adults	Black Belt Testing Prep (all Rec Ranks)	Tricks & Flips	Beginning	Teens & Adults		
			Intermediate				Intermediate			
			Advanced				Advanced			
			Children				Children			
8 pm			Advanced Ho Sin Sul	Color Belt Self Defense			Sparring			