

2015-2016 CLASS SCHEDULE
OSSEO WORLD TAEKWONDO ACADEMY
763-315-4491

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00 AM						YOGA W/YOGASOLES
10:00-10:50 AM		Lil' Dragons 10:00-10:30				WEAPONS CLASS 10:15am
11:00-11:50 AM						BBC CLASS
12:00-12:50 PM						PARK & REC.
4:30-5:00 PM					LIL' DRAGONS	
4:30-5:20 PM	BLACK BELTS & AFTER SCHOOL PROGRAM	GREEN-PURPLE BELTS & AFTER SCHOOL PROGRAM	BLACK BELTS & AFTER SCHOOL PROGRAM	GREEN-PURPLE BELTS & AFTER SCHOOL PROGRAM		
5:35-6:25 PM	WHITE-ORANGE BELTS	BROWN-BLACK TIP BELTS	WHITE-ORANGE BELTS	BROWN-BLACK TIP BELTS		
6:40-7:30 PM	ADULT/TEEN CLASS	WHITE-ORANGE BELTS	ADULT/TEEN CLASS	WHITE-ORANGE BELTS		
7:30-8:30 PM	KICK FIT CLASS	COMPETITION TEAM (7:45PM)	KICK FIT CLASS			

***I WILL BE ADDING POOMSAE, DEMO & COMP. TEAM PRACTICES SOON.**
THERE WILL BE COMP TEAM ON FRIDAY EVENINGS. TIME IS BEING DETERMINED*