

Welland Taekwondo

Weekly Schedule

| Time / period | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|---|--|-------------------------------------|--|-------------------------------------|--|
| 9:30am-10:20am |  | Welland Taekwondo 119 Division Street L3B 3Z8 (905) 714-1305 | | | | Teen & Adult all belts |
| 10:30am-11:20am | | | | | | Junior all belts |
| | | | | | |  |
| 5:15pm-6:10pm | Junior white-green | Junior orange-blue | Junior white-yellow | Junior orange-blue | Junior white-yellow | |
| 6:15pm-7:10pm | Junior blue- brown red-black | Open Class all belts- all ages | Junior purple-brown red-black | Junior 9 years to Teen all belts | Junior purple-brown red-black | |
| 7:15pm-8:10pm | Teen & Adult all belts | Teen & Adult all belts | Teen & Adult all belts | Teen & Adult all belts | Teen & Adult all belts | |
| | | | | | | |