


EMPOWER TAEKWONDO CENTER

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Visit Us @ www.empowertkdcenter.com

Effective: 09/05/23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Adult Class <u>11:00-11:50</u>		
	<u>Private Lessons Available</u>		<u>Private Lessons Available</u>	<u>Private Lessons Available</u>	Children White Belt <u>9:10-9:50</u>
C+D <u>4:10-4:50</u>	A <u>4:30-5:10</u>	C+D <u>4:10-4:50</u>	A <u>4:30-5:10</u>	Children White Belt <u>4:30-5:10</u>	A+B <u>10:00-10:40</u>
B <u>5:00-5:40</u>	C <u>5:20-6:00</u>	B <u>5:00-5:40</u>	C <u>5:20-6:00</u>	Sparring A+B <u>5:20-6:00</u>	C+D <u>10:50-11:30</u>
Children White Belt <u>5:50-6:30</u>	D <u>6:10-6:50</u>	Children White Belt <u>5:50-6:30</u>	D <u>6:10-6:50</u>	Sparring C+D <u>6:10-6:50</u>	Family Teen /Adult All Belt <u>11:40-12:25</u>
A <u>6:40-7:20</u>	B <u>7:00-7:40</u>	A <u>6:40-7:20</u>	B <u>7:00-7:40</u>		Leadership Team T.B.A Invite Only
Family Teen /Adult All Belt <u>7:30-8:15</u>	Teen/ Adult All Belt <u>7:50-8:40</u>	Family Teen /Adult All Belt <u>7:30-8:15</u>	Teen/ Adult All Belt <u>7:50-8:40</u>		Celebrate Your Birthday with ETC! 

* Family members of adult & children are welcome on Mon & Wed

***Students may only get ONE stripe per class**

**For children ages 6-12 there is the Children White Belt Class

Group A	Yellow, Orange, Green, High Green	Group C	High Red, Brown, High Brown, Red/Black
Group B	Blue, High Blue, Purple, Red	Group D	Bo-Dan, Deputy Black, Black Belt