



# Kuk Sool Won™ of Ontario Class Schedule

| Monday                          | Tuesday                         | Wednesday                       | Thursday                                   | Friday | Saturday                             |
|---------------------------------|---------------------------------|---------------------------------|--|--------|--------------------------------------|
| 5:30-6:30am                     |                                 | 5:30-6:30am                     |  |        |                                      |
| Cardio<br>Wake-up<br>Class      |                                 | Cardio<br>Wake-up<br>Class      |  |        |                                      |
|                                 | 9:00 - 10:00<br>Morning Class   |                                 | 9:00 - 10:00<br>Morning Class              |        | 9:00am                               |
|                                 | All Ranks<br>All Ages           |                                 | All Ranks<br>All Ages                      |        | <b>Under Belt<br/>Testing</b>        |
|                                 |                                 |                                 | 10:15-11:15                                |        | Monthly                              |
| 4:30 - 5:00                     |                                 | 4:30 - 5:00                     | Home School<br>Program                     |        | 11:00am                              |
| Tiny Tigers                     |                                 | Tiny Tigers                     |  |        | <b>Quarterly<br/>Black Belt</b>      |
| 5:00 - 5:30                     |                                 | 5:00 - 5:30                     |  |        | <b>Testing</b>                       |
| Little Dragons                  |                                 | Little Dragons                  |  |        | Jan - April                          |
| 5:30 - 6:15                     |                                 | 5:30 - 6:15                     |  |        | July - Oct                           |
| Beginner<br>Children's<br>Class |                                 | Beginner<br>Children's<br>Class |  |        | 10:00 - 10:50                        |
| 6:15 - 7:00                     | 6:00 - 7:00                     | 6:15 - 7:00                     | 6:00 - 7:00                                |        | Women's<br>Self                      |
| Advanced<br>Children's<br>Class | Evening Class<br>"Family Class" | Advanced<br>Children's<br>Class | Evening Class<br>"Family Class"            |        | <b>Defense</b><br>(1st Sat of Month) |
|                                 | All Ranks<br>and Ages           |                                 | All Ranks<br>and Ages                      |        |                                      |
| 7:00 - 8:00                     | 7:00 - 7:50                     | 7:00 - 8:00                     | 7:00 - 7:45                                |        |                                      |
| Teen and<br>Adult Class         | Tuesday<br>Specialty<br>Class   | Teen and<br>Adult Class         | Sparring<br>Class<br>All Ranks<br>All Ages |        |                                      |
| All Ranks                       |                                 | All Ranks                       |  |        |                                      |
| 8:00 - 8:30                     |                                 |                                 |  |        |                                      |
| Black Belt<br>Class             |                                 |                                 |  |        |                                      |