



Kuk Sool Wontm of Ontario Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30am Cardio Wake-up Class		5:30-6:30am Cardio Wake-up Class			
	9:00 - 10:00 Morning Class All Ranks All Ages		9:00 - 10:00 Morning Class All Ranks All Ages		9:00am Under Belt Testing Monthly
4:30 - 5:00 Tiny Tigers		4:30 - 5:00 Tiny Tigers	10:15-11:15 Home School Program		11:00am Quarterly Black Belt Testing Jan - April July - Oct
5:00 - 5:30 Little Dragons		5:00 - 5:30 Little Dragons			
5:30 - 6:15 Beginner Children's Class		5:30 - 6:15 Beginner Children's Class			
6:15 - 7:00 Advanced Children's Class	6:00 - 7:00 Evening Class "Family Class" All Ranks and Ages	6:15 - 7:00 Advanced Children's Class	6:00 - 7:00 Evening Class "Family Class" All Ranks and Ages		Open Class 10am- 12pm on scheduled Saturdays
7:00 - 8:00 Teen and Adult Class All Ranks	7:00 - 7:45 Sparring All Ranks All Ages	7:00 - 8:00 Teen and Adult Class All Ranks	7:00 - 7:45 Women's Self Defense		
8:00 - 8:30 Black Belt Class					