

Effective from Tuesday, September 6, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Instructor McInnes	Master Baert Instructor McInnes	Master Baert	Master Nam Instructor McInnes		Master Nam
	4:45 – 5:20 Little Sky (Ages 3 ^{1/2} to 5)		4:45 – 5:20 Little Sky (Ages 3 ^{1/2} to 5)	TBA	11:00 – 11:35 Little Sky (Ages 3 ^{1/2} to 5)
5:00 – 5:45 Children Beginner (No Belt to White)	5:20 – 6:05 Children Beginner (No Belt to Yellow)	5:00 – 5:45 Children Beginner (No Belt to White)	5:20 – 6:05 Children Beginner (No Belt to Yellow)	TBA	11:35 – 12:20 Open Beginner (No Belt to Yellow)
6:00 – 6:45 Open Beginner (No Belt to Yellow)	6:05 – 6:50 Open Beginner (No Belt to Yellow)	6:00 – 6:45 Open Beginner (No Belt to Yellow)	6:05 – 6:50 Open Beginner (No Belt to Yellow)	TBA	12:20 – 1:05 Open I. A. (Orange to Black)
7:00 – 7:45 Open I. A. (Orange to Black)	6:50 – 7:35 Open Class (No Belt to Black)	7:00 – 7:45 Open I. A. (Orange to Black)	6:50 – 7:35 Open Class (No Belt to Black)	TBA	

< No Belt – White – Yellow – Orange – Green – Blue – Purple – Brown – Red – Black Stripe (1,2,3,4) – Black >

Note:

1. B. (Beginner) / I. (Intermediate) / A. (Advanced)
2. Open Class means “No Age Barrier” Class but requires an assessment from a Master.
3. Email skytkd.sherwoodpark@gmail.com for any class, and general concerns.
4. Email skytaekwondo.manager@gmail.com for membership questions.
5. **Sunday High-Performance Training – September 11, 18 / October 2, 6, 23 – 3:00 to 5:00 PM at 2376 23rd Avenue (Sky Meadows)**
: Your own sparring gear, Drop in fee applied, & Pre-registration is required by Thursday for each Sunday session.