

Beyond Sports: Taekwondo

139 S. State #13, Lindon, UT 84042

801.796.0412

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	XPT	BBC	XPT	BBC	XPT	BBC	XPT	BBC	XPT	BBC	XPT	BBC
8												
9												
10			Women's Self Defense				Women's Self Defense					
11			Tigers				Tigers					
12												
1												
2												
3	Teens 12 to 17				Teens 12 to 17				LDSP			
4	Children's Sparring		Demo Team Practice	Ninjas	Junior Black Belts		Demo Team Practice	Ninjas				
5	Ninjas	Advanced Children	Basic Children	Intermediate Children	Ninjas	Advanced Children	Basic Children	Intermediate Children				
6			Masters Adults		Weapons		Masters All Dans		Street Combat			
7			Adults All	Children All	Tricks & Flips	Adults All	Adults All	Children All				
8							Adult Sparring					
9												

More classes may be added at a later date to suit the needs of our students.