



WINTER SCHEDULE

EFFECTIVE JANUARY 3RD 2024

(518) 400-1493
risentaekwondo.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:15PM-5:00PM	All Ranks	All Ranks	All Ranks	All Ranks	All Ranks
5:00PM-5:30PM	Little Kickers	Forms Class (Blue & Up)	Little Kickers	Little Kickers	
5:30PM-6:15PM	White-Blue	Purple & Up	White-Blue	Purple & Up	
6:15PM-7:00PM	All Ranks	Sparring Class (Orange & Up)	All Ranks	All Ranks	
7:00PM-7:45PM	Teen & Adult	Teen & Adult	Brown & Up (All Ages) Monthly Black Belt Class*	Teen & Adult	
7:45PM-8:30PM			Demo/ Leadership		

**** MONTHLY BLACK BELT CLASS will ONLY be held on the last Thursday of each month. Brown and Up will be canceled for that week. This class is MANDATORY for all current Black Belts. Attendance for this class will be a prerequisite for maintenance testing. Sparring gear is required.**

BE PREPARED FOR CLASS!

Please arrive for class **10 MINUTES** before class starts
Please bring a **WATER BOTTLE**
Please bring your **SPARRING GEAR** during sparring weeks.

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