



TAEKWONDO CLASS SCHEDULE

MONDAY

3:00pm - 3:40pm
PRIVATE LESSON

4:00pm - 4:45pm
BEGINNER CLASS
WHITE - ORANGE STRIPE
7 - 13 yrs old

4:45pm - 5:30pm
ADVANCED CLASS
BLUE - BROWN STRIPE
7 - 13 yrs old

5:30pm - 6:15pm
EXPERT CLASS
RED - BLACK
7 - 13 yrs old

6:15pm - 7:45pm
SPARRING TEAM*
(enrollment full)

TUESDAY

3:20pm - 4:00pm
TK CLASS
6yrs and under

4:00pm - 4:45pm
INTERMEDIATE CLASS
GREEN - PURPLE STRIPE
7 - 13 yrs old

4:45pm - 5:30pm
ADVANCED CLASS
BLUE - BROWN STRIPE
7 - 13 yrs old

5:30pm - 7:00pm
SPARRING TEAM*
(enrollment full)

7:00pm - 8:00pm
ADULT CLASS
14 yrs old and above

WEDNESDAY

3:00pm - 3:40pm
PRIVATE LESSON

4:00pm - 4:45pm
BEGINNER CLASS
WHITE - ORANGE STRIPE
7 - 13 yrs old

4:45pm - 5:30pm
INTERMEDIATE CLASS
GREEN - PURPLE STRIPE
7 - 13 yrs old

5:30pm - 6:15pm
POOMSAE TEAM*
separate enrollment required

6:15pm - 7:00pm
EXPERT CLASS
RED - BLACK
7 - 13yrs old

7:00pm - 8:00pm
ADULT CLASS
14 yrs old and above

THURSDAY

3:20pm - 4:00pm
TK CLASS
6yrs and under

4:00pm - 4:45pm
SPARRING CLASS
7 - 8 yrs old
**bring sparring gear*

4:45pm - 5:30pm
SPARRING CLASS
9 - 10 yrs old
**bring sparring gear*

5:30pm - 6:15pm
POOMSAE TEAM*
separate enrollment required

6:15pm - 7:00pm
SPARRING CLASS
11 - 13 yrs old
**bring sparring gear*

7:00pm - 8:00pm
SPARRING CLASS
14 yrs old and above
**bring sparring gear*

FRIDAYS

are Special Event Days*
Please check our
[Events Calendar](#)
for updates



[more info...](#)

TRIAL CLASS

[more info...](#)



*For trials coming from another dojang & a have a higher belt level than white, please see Daily Class Schedule & attend the appropriate class according to the current belt level.

*SPARRING TEAM,
POOMSAE TEAM and
PRIVATE CLASSES
requires a separate
enrollment.

CONTACT US
www.calsma.com
650 810 5595
admin@calsma.com