



CLASS SCHEDULE

Updated: 5/2019

Aliso Hills Taekwon-do

27001 Moulton Pkwy, A106

Aliso Viejo, CA 92656-3626

Web: www.alisohillstkd.com Studio: (949) 389-0200

FAMILY MARTIAL ARTS CENTER

Little Dragons

(ages 3-6 yrs)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Belts	3:30 - 4:15	2:45 - 3:30	3:30 - 4:15	2:45 - 3:30	3:30 - 4:15	--

Juniors

(ages 7-11 yrs)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner & Intermediate	4:30 - 5:20	5:30 - 6:20	4:30 - 5:20	--	4:30 - 5:20	--
Intermediate & Advanced	5:30 - 6:20	4:30 - 5:20 BBC	5:30 - 6:20	4:30 - 5:20 BBC	--	--

Family

(ages 7 and up)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Belts	6:30 - 7:20	3:30 - 4:20 6:30 - 7:20**	6:30 - 7:20	3:30 - 4:20 6:30 - 7:20	6:30 - 7:20 BBC	10:00 - 10:50
Sparring	--	--	--	5:30 - 6:20	5:30 - 6:20	--
Demo Team/Black Belt	--	--	--	--	--	11:00 - 11:50
Deputy Belts	--	--	--	--	--	9:00 - 9:50

Specialty Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boot Camp Kickboxing	--	--	--	--	--	8:00a - 8:50a MC
Hapkido	--	7:30p - 8:20p MC	--	7:30p - 8:20p MC	--	--
Demo Team	--	--	--	--	--	11:00 - 12:00p*
Black Belt Club	--	4:30 - 5:20	--	4:30 - 5:20	6:30 - 7:20	11:00 - 12:30*

*Black Belt class is once a month on the first Saturday of each month. Demo Team does not meet on the first Saturday of the month.

**Adult Sparring class is every other month on the 1st Tuesday of the month.

***Black Belt Club and Masters Club are for BBC & MC Members only.