

Norwalk Class Schedule



Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lil' Dragons (Ages 4-6) <i>All classes street level</i>		5:30pm-6:00pm	5:30pm-6:00pm	5:30pm-6:00pm		
All Tigers (Ages 6-8) <i>All classes street level</i>	4:15pm-4:45pm Masters Club 4:45pm-5pm	4:15pm-4:45pm Masters Club 4:45pm-5pm	4:15pm-4:45pm Masters Club 4:45pm-5pm	4:15pm-4:45pm Masters Club 4:45pm-5pm		
All Juniors (Ages 9-12) <i>Street level and basement classes</i>	5:15pm-6:00pm Masters Club 6:00pm-6:15pm (street level)	5:15pm-6:00pm Masters Club 6:00pm-6:15pm (basement)	5:15pm-6:00pm Masters Club 6:00pm-6:15pm (basement)	5:15pm-6:00pm Masters Club 6:00pm-6:15pm (basement)		
Adult TKD (Ages 13+) <i>All classes street level</i>	6:30pm-7:30pm Masters Club 7:30pm-7:45pm	6:30pm-7:30pm Masters Club 7:30pm-7:45pm	6:30pm-7:30pm Masters Club 7:30pm-7:45pm Black Belt Only 7:45pm-8:00pm	6:30pm-7:30pm Masters Club 7:30pm-7:45pm Black Belt Only 7:45pm-8:00pm		
Tiger/Junior Master's Club <i>Street level</i>					6:00pm-7:15pm <i>The first Friday of each month</i>	
Leadership Training <i>Red Belt and above Street level</i>					15 minutes after each Month's Tiger/Junior Master's Club	
Teen/Adult Master's Club <i>Street level</i>					4:45pm-5:45pm <i>The first Friday of each month</i>	
Jump Start Fitness (Ages 15+) <i>Street level</i>	5:00am-6:00am 6:00am-7:00am		5:00am-6:00am 6:00am-7:00am		5:00am-6:00am 6:00am-7:00am	