



U.S. West Coast Taekwondo – Sherwood Schedule



15966 SW Tualatin-Sherwood Rd.

Sherwood, Oregon 97140

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Pre-School Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Tigers Assessment Level- All Belts		3:50pm- 4:15pm		3:50pm- 4:15pm	3:30pm- 3:55pm	
Children Ages 6-12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Masters Club	5:55pm-		5:55pm-		Black	Forms

<i>Black Belt</i>	<i>6:15pm</i>		<i>6:15pm</i>		<i>Belt</i>	<i>9:40am- 10:00am</i>
<i>Black Belt Club Blue Belt & Above</i>	<i>5:15pm- 5:55pm</i>	<i>4:15pm- 4:55pm</i>	<i>5:15pm- 5:55pm</i>	<i>4:15pm- 4:55pm</i>	<i>Club 4:00pm- 4:40pm</i>	<i>9:00am- 9:40am</i>
<i>Black Belt Club Yellow to Purple Belt</i>	<i>3:45pm- 4:25pm</i>	<i>5:00pm- 5:40pm</i>	<i>3:45pm- 4:25pm</i>	<i>5:00pm- 5:40pm</i>	<i>Sparring</i>	<i>9:00am- 9:40am</i>
<i>Assessment Level White to Green Belt</i>	<i>4:30pm- 5:10pm</i>	<i>5:45pm- 6:25pm</i>	<i>4:30pm- 5:10pm</i>	<i>5:45pm- 6:25pm</i>	<i>4:45pm- 5:25pm</i>	<i>9:00am- 9:40am</i>
<i>Family & Teens Ages 13 & Up</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesda y</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>

Masters Club Black Belt	5:55pm - 6:15pm		5:55pm - 6:15pm		Sparring	Forms 9:40am - 10:00am
Black Belt Club Blue & Above Belt	6:15pm - 6:55pm	7:10pm - 7:50pm	6:15pm - 6:55pm	7:10pm - 7:50pm	5:30pm - 6:10pm	9:00am - 9:40am
Black Belt Club Yellow to Purple Belt	7:00pm - 7:40pm	6:30pm - 7:10pm	7:00pm - 7:40pm	6:30pm - 7:10pm	Masters / Black Belt Club	9:00am - 9:40am
Assessment Level White to Green Belt	7:00pm - 7:40pm	5:45pm - 6:25pm	7:00pm - 7:40pm	5:45pm - 6:25pm	6:15pm - 6:55	9:00am - 9:40am

No classes on Promotion, Championships, or Seminar days
Please drop and pick up children no more than 10 minutes before and after class, thank you.
Black Belt Club students must have sparring gear and weapons at all classes.

Effective 11/29/10