



U.S. West Coast Taekwondo – Sandy

Schedule effective April 1st, 2011

(503) 964-0222

www.SandyTKD.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Tiny Tigers (2-3)	Tiny Tigers 4:30 – 4:50		Tiny Tigers 4:30 – 4:50		<i>All Friday classes are held in Gresham</i>
Ninjas (4-7)	Ninjas 5:00 – 5:25	BBC juniors 4:30 – 5:10	Ninjas 5:00 – 5:25	BBC juniors 4:30 – 5:10	
Juniors (8-16)	Assessment Juniors 5:30 – 6:05	Assessment Juniors 5:15 – 5:50	Assessment Juniors 5:30 – 6:05	Assessment Juniors 5:15 – 5:50	BBC juniors 4:30 -5:10 Sparing
BBC	Private Lessons 6:10 – 6:30	Ninjas 6:00 – 6:25	Private Lessons 6:10 – 6:30	Ninjas 6:00 – 6:25	BBC All Ages 5:15 – 5:55 Specialty
Adult Assessment/ Family Classes BBC	Assessment 6:30 – 7:00	BBC 6:30 – 7:15	Assessment 6:30 – 7:00	Assessment 6:30 – 7:00	BBC 6:00 – 6:45 sparing
	BBC 7:05 – 7:30		BBC 7:05 – 7:30	BBC 7:05 – 7:30	

Saturday Private Lessons

By Appointment Only

12:00 – 2:00

Private Lessons

- Assessment level 3 classes per week

- **BBC Sparring gear & Weapons every class**
- **Drop off & pick-up no more than 10 min before and after classes**