

# BEST TAEKWONDO – WINTER/SPRING SCHEDULE 2019

403 Hancock St, Quincy MA 02171

Tel : 617 481 6404 [WWW.BESTTAEKWONDO.ORG](http://WWW.BESTTAEKWONDO.ORG)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11am	11am Adult All Levels	11am Adult Forms	11am Adult All Levels	11am Adult All Levels	10:00am Children Beginners	9:30am Community Workout/ Competition Training
12:00pm	2:30pm Children Black belt Program \$\$	12:00pm	12:00pm	12:00pm	11:00am Children Sparring All Levels	11:00am Open All Levels
3:30pm Children Beginners/ Intermediate	3:30pm Children Sparring Drills All Levels	3:30pm Children Forms Beginners/ Intermediate	3:30pm Children Beginner/ Intermediate	3:30pm Children Sparring All Levels	12:00pm Children Intermediate/ Advanced	12:00pm OPEN FORMS
4:30pm Children Advanced	4:30pm Children Advanced	4:30pm Children Forms Advanced	4:30pm Children Advanced	4:30pm Children Forms Beginners/ Intermediate	1:00pm Red/ Black Belts Only	1:00pm Black Belt Program \$\$
5:30pm Adults/ Youth All Levels	5:30pm Adults/ Youth Dynamic Conditioning/ Stretch	5:30pm Adults/ Youth Forms	5:30pm Adults/ Youth All Levels	5:30 – 7pm Adults and Youth Sparring	2:00pm Adults/ Youth All Levels	2 – 4pm DEMO Team Practice
6:30pm Open All Levels	6:30pm Open All Levels	6:30pm OPEN FORMS	6:30pm Red/ Black Belts Only BB Test Preparation	7pm – 8:30pm Open Sparring and		
7:30pm Adults All Levels	7:30pm Adults Weapons/ Stretch/Self Def.	7:30pm Adults Forms	7:30pm Adults All Levels	Tournament Sparring		

Hours : Monday - Friday 11:00am-8:30pm (12pm-3pm by appointment only) \$\$ Fee

Saturday – 9:30am-3pm, Sunday – 9:30am-4pm

1/1/19 – 6/30/19