

BEST TAEKWONDO – SUMMER SCHEDULE 2019

403 Hancock St, Quincy MA 02171

Tel : 617 481 6404 WWW.BESTTAEKWONDO.ORG

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:25am Summer Sessions	9:25am Summer Sessions	9:25am Summer Sessions	9:25am Summer Sessions	9:25am Summer Sessions	10:00am Children Beginners	9:30am Community Workout
11am Open All Levels	11am Open All Levels	11am Open All Levels	11am Open All Levels	11am Open All Levels	11:00am Children Sparring All Levels	11:00am Open All Levels
3:30pm Children Beginners/ Intermediate	3:30pm Black Belt Program \$\$	3:30pm Children Beginners/ Int. Forms	3:30pm Children Beginners/ Intermediate	3:30pm Children Sparring All Levels	12:00pm Children Intermediate/ Advanced	12:00pm OPEN FORMS
4:30pm Children Advanced	4:30pm Children Sparring	4:30pm Children Advanced Forms	4:30pm Children Advanced	4:30pm Children Advanced Forms	1:00pm Red/ Black Belts Forms	1:00pm Black Belt Program \$\$
5:30pm Adults/ Youth Test Preparation	5:30pm Adults/ Youth Dynamic Stretch & Conditioning	5:30pm Adults/ Youth Forms	5:30pm Adults/ Youth All Levels	5:30pm Adult/ 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 (BB Test Preparation)	7:00pm Open Sparring		
7:30pm Adults All Levels	7:30pm Adult All Levels	7:30pm Adults Forms	7:30pm Adults All Levels			

Hours : Monday - Friday 9:00am-8:30pm (1pm-3pm by appointment only) \$\$ Fee

Saturday – 9:30am-3pm, Sunday - 11am-4pm

7/1/19 – 8/31/19