



Oneonta Taekwon-Do

203 Main St. Oneonta, NY 13820

(607) 431-8810

www.OneontaTKD.com

www.facebook.com/Oneonta.Taekwondo

As of 3/20/2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 AM						
9:45 AM						
10:00 AM						
4:30 PM	Ages 3-5 4:30 PM	Ages 6-11 4:30	Ages 3-5 4:30 PM	Junior BBC 4:30 PM	Private Lessons	Family 10-11am
4:45 PM						
5:00 PM						
5:15 PM						Black belt class
5:30 PM	Ages 6-11 5:30pm	Family Class 5:30	Ages 6-11 5:30pm	Family Class 5:30		
5:45 PM						
6:00 PM						
6:15 PM						
6:30 PM	Family 6:30pm	Open Mat 6:30-7:30	Family 6:30pm	Open Mat 6:30-7:30	Sparring All Ages 6:30 PM	
6:45 PM						
7:00 PM						
7:15 PM						
7:30 PM	Black belt class					

Black Belt Club (BBC): Students are permitted by invitation only. Minimum rank requirement of Yellow Belt/Green stripe.

Black belt class: Black belts should attend the family class and stay afterwards for 15 minutes to practice patterns.

Private Lessons: Please speak to an instructor about prices and available times for private instruction for individuals or small groups. Students are encouraged to attend as many classes as possible. Please call the school if you will be absent for more than 1 week.

Family Taekwon-Do: All students aged 11 and up are invited. Children Yellow Belt+ can also attend