



Academy Of Life & Leadership Taekwondo

Citadel

750 Citadel Dr. East, Suite 2100, Colo. Springs, CO 80909 | www.family-taekwondo.com | ph: (719) 574-2770 | Effective 01 AUG 2018

CLASS SCHEDULE

Time	Mon	Tue	Wed	Thur	Fri	Sat
9:15 a.m.-10:15 a.m.						Adult Only (White - Orange)
10:15 a.m.-11:15 a.m.						White/White Sr.
11:15 a.m. - 12:15 p.m.						Yellow/Orange
12:15 p.m. - 1:15 p.m.						Intermediate (Green-Blue Sr.)
4:00 p.m. - 4:30 p.m.	Orientation	Orientation	Orientation	Orientation	Orientation (by appointment)	
4:30 p.m. - 5:30 p.m.	White/White Sr.	White/White Sr.	White/White Sr.	White/White Sr.		
5:30 p.m. - 6:30 p.m.	Yellow/Orange	White/White Sr.	Yellow/Orange	White/White Sr.		
6:30 p.m. - 7:30 p.m.	White/White Sr.	Yellow/Orange	White/White Sr.	Yellow/Orange		
7:30 p.m. - 8:30 p.m.	Adult Only (White - Orange)	Intermediate (Green-Blue Sr.)	Adult Only (White - Orange)	Intermediate (Green-Blue Sr.)		



Academy Of Life & Leadership Taekwondo

Citadel

750 Citadel Dr. East, Suite 2100, Colo. Springs, CO 80909 | www.family-taekwondo.com | ph: (719) 574-2770 | Effective 01 AUG 2018

CLASS SCHEDULE

Time	Mon	Tue	Wed	Thur	Fri	Sat
9:15 a.m.-10:15 a.m.						Adult Only (White - Orange)
10:15 a.m.-11:15 a.m.						White/White Sr.
11:15 a.m. - 12:15 p.m.						Yellow/Orange
12:15 p.m. - 1:15 p.m.						Intermediate (Green-Blue Sr.)
4:00 p.m. - 4:30 p.m.	Orientation	Orientation	Orientation	Orientation	Orientation (by appointment)	
4:30 p.m. - 5:30 p.m.	White/White Sr.	White/White Sr.	White/White Sr.	White/White Sr.		
5:30 p.m. - 6:30 p.m.	Yellow/Orange	White/White Sr.	Yellow/Orange	White/White Sr.		
6:30 p.m. - 7:30 p.m.	White/White Sr.	Yellow/Orange	White/White Sr.	Yellow/Orange		
7:30 p.m. - 8:30 p.m.	Adult Only (White - Orange)	Intermediate (Green-Blue Sr.)	Adult Only (White - Orange)	Intermediate (Green-Blue Sr.)		