



Academy Of Life & Leadership Taekwondo Schedule

Citadel

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

Morning Classes Schedule

Time	Mon	Tue	Wed	Thur	Fri	Sat
9:15-10:15am						Adult Only (White-Orange) 9:15-10:15am
10:15-11:15am						White/ White SR 10:15-11:15 am
11:15am-12:15pm						Yellow/ Orange 11:15am-12:15pm
12:15-1:15pm						Int (Green/BI SR) 12:15-1:15pm

Afternoon Classes Schedule

Time	Mon	Tue	Wed	Thur	Fri	Sat
4:00-4:30 pm	Orientations 4:00-4:30pm	Orientations 4:00-4:30pm	Orientations 4:00-4:30pm	Orientations 4:00-4:30pm	Orientations 4:00-4:30pm	
4:30-5:30 pm	White/ White SR 4:30-5:30pm	White/ White SR 4:30-5:30pm	White/ White SR 4:30-5:30pm	White/ White SR 4:30-5:30pm		
5:30- 6:30 pm	Yellow/ Orange 5:30-6:30pm	White/ White SR 5:30-6:30pm	Yellow/ Orange 5:30-6:30pm	White/ White SR 5:30-6:30pm		
6:30-7:30 pm	White/ White SR 6:30-7:30pm	Yellow/ Orange 6:30-7:30pm	White/ White SR 6:30-7:30pm	Yellow/ Orange 6:30-7:30pm		
7:30- 8:30 pm	Adult Only (White-Orange) 7:30-8:30pm	Int (Green/BI SR) 7:30-8:30pm	Adult Only (White-Orange) 7:30-8:30pm	Int (Green/BI SR) 7:30-8:30pm		

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- 3 MONTHS FREE PARENTS & GUARDIANS PORTAL
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