

Master Huy Phan's

Tri-City Taekwondo

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**"Take It
to Another Level!"**

Master Phan

- Award-Winning Children's Programs
- Inspiring Goal-Setting Youth Programs
- Great Beginner & Advanced Adult Programs
- Develop Self-Discipline and Confidence
- Learn Self-Defense and Build Self-Respect
- Strengthen Mind and Body
- Have Fun!



Class Schedule

Effective: November 22, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tigers 3:45 - 4:30	Tigers 3:45 - 4:30	Tigers 3:45 - 4:30	Tigers 3:45 - 4:30	Leadership Team 3:45 - 4:30	Self-Defence Ju-Jitsu (With Gi) 9:30 - 10:30
Youth Beginner 4:35 - 5:25	Youth Beginner 4:35 - 5:25	Youth Beginner 4:35 - 5:25	Youth Beginner 4:35 - 5:25	Tigers 4:30 - 5:15	Make Up Class 10:30 - 11:20
Youth Intermediate 5:25 - 6:15	Youth Beginner 5:25 - 6:15	Youth Beginner 5:25 - 6:15	Youth Beginner 5:25 - 6:15	All Youth Class 5:15 - 6:05	Tigers 11:20 - 12:05
Youth Advanced 6:15 - 7:05	Youth Intermediate 6:15 - 7:05	Youth Advanced 6:15 - 7:05	Youth Intermediate 6:15 - 7:05	Sparring 6:05 - 7:15	Tigers 12:05 - 12:50
Teens-Adults 7:05 - 8:05	Youth Advanced 7:05 - 7:55	Youth Intermediate 7:05 - 7:55	Youth Advanced 7:05 - 7:55	Adult 7:15 - 8:15	All Youth Class 12:50 - 1:40
Self-Defence Ju-Jitsu (No Gi) 8:10 - 9:10	Adult 8:00 - 9:00	Teens - Adult 8:00 - 9:00	Teens - Adult 8:00 - 9:00		Poomsae 1:40 - 2:30

Students may attend only those classes designed for their age and rank (i.e. senior belts cannot attend beginner classes and vice versa) unless permission has been given by one of the instructors.



Classes:

Tigers: Beginner, ages 4.5 - 6
 Youth Beginner: White - Orange
 Youth Intermediate: Green - Red
 Youth Advanced: Brown - Black
 Teens-Adults: All Belts



Specialized Classes:

Olympic Sparring: By registration
 Poomsae: By registration
 Leadership Team: By invitation
 Self Defence Jiu-Jitsu: By registration



At Tri-City Taekwondo, we believe in enhancing our community through personal development of each of our students. Our school provides a supportive and energetic environment in which our students can grow mentally and physically.

We inspire personal excellence, both within and outside of our Martial Arts School.



New to Martial Arts? Call us to book your free introductory lesson!