Master Huy Phan's

Tri-City Taekwondo

Unit 278 - 3355 North Road, Burnaby, BC V3J 7T9 604 939-8232 | info@tricitytkd.com

Master Phan

www.tricitytkd.com

"Take It to Another Level!"

Class Schedule

Effective: June 6th, 2022



- 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!



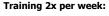
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------|--------------------|--------------------|--------------------|-----------------|-----------------|
| Tigers | Tigers | Tigers | Tigers | Leadership Team | Make Up Class |
| Beginner | Beginner | Beginner | Beginner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

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.









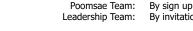
Training 1x per week:

Tigers: Beginner, ages 4.5-6
Dragons: Intermediate, ages 10 and under
Youth: Ages 7-13

Youth: Ages 7-13 Adult: Age 14 and over

By sign up





Olympic Sparring:

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





