

Master Huy Phan's Tri-City Taekwondo

Unit 278 – 3355 North Road, Burnaby, BC V3J 7T9
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**"Take It
to Another Level!"**

Master Phan

Class Schedule

Effective: June 6th, 2022

- 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!



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

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 2x per week:

Tigers: Beginner, ages 4.5-6
Dragons: Intermediate, ages 10 and under
Youth: Ages 7-13
Adult: Age 14 and over



Training 1x per week:

Olympic Sparring: By sign up
Poomsae Team: By sign up
Leadership Team: By invitation



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!