

Okada Martial Arts - Taekwondo Yongmoodo Schedule - 2009

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
2:30 PM	2:30 K	2:30 K	2:30 K	2:30 K	2:30 K	2:30 PM	
2:45 PM	3:00 1st-8th	3:00 1st-8th	3:00 1st-8th	3:00 1st-8th	3:00 1st-8th	2:45 PM	
3:00 PM	to 5:30 PM	to 5:30 PM	to 5:30 PM	to 5:30 PM	to 5:30 PM	3:00 PM	
3:15 PM	Transported	Transported	Transported	Transported	Transported	3:15 PM	
3:30 PM	After-School	After-School	After-School	After-School	After-School	3:30 PM	
3:45 PM	Taekwondo	Taekwondo	Taekwondo	Taekwondo	Taekwondo	3:45 PM	
4:00 PM	ASTKD	ASTKD	ASTKD	ASTKD	ASTKD	4:00 PM	
4:15 PM	Class Starts	Class Starts	Class Starts	Class Starts	Class Starts	4:15 PM	
4:30 PM	3:50-4:50 PM	3:50-4:50 PM	3:50-4:50 PM	3:50-4:50 PM	3:50-4:50 PM	4:30 PM	
4:55 PM	All Ranks	All Ranks	All Ranks	All Ranks	All Ranks	4:45 PM	
5:00 PM		5:00 - 5:45 PM		5:00 - 5:45 PM		5:00 PM	
5:20 PM	5:20 - 6:20 PM	White Only	5:20 - 6:20 PM	White Only	5:20 - 6:20 PM	5:20 PM	
5:30 PM	White - Green	TKD	White - Green	TKD	White - Green	5:30 PM	
5:45 PM	TKD	5:45 - 7:00 PM	TKD	5:45 - 7:00 PM	TKD	5:45 PM	
6:00 PM	Focus:		Focus:		Focus:	6:00 PM	
6:20 AM	Hand & Forms		Kicking		Sparring	6:20 PM	
6:25 PM	6:25 - 7:25 PM	Yongmoodo	6:25 - 7:25 PM	Yongmoodo	6:25 - 7:25 PM	6:25 PM	
6:40 PM	Green & Up	Program	Green & Up	Program	Green & Up	6:40 PM	
6:50 PM	TKD		TKD		TKD	6:50 PM	
7:00 PM	Focus:		Focus:		Focus:	7:00 PM	
7:25 PM	Hand & Forms		Kicking		Sparring	7:25 PM	
7:30 PM	7:30 - 8:30		7:30 - 8:30			7:30 PM	
7:45 PM	Black Belt		Black Belt			7:45 PM	
8:30 PM	Only		Only			8:30 PM	

Yongmoodo Program Students must come on one TKD day.