



WORLD  
TAEKWONDO  
MONROE / TRUMBULL



effective from March 10th 2025

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535 Monroe Turnpike B-4, Monroe, CT, 06468

|                                 | Mon                                 | Tue                               | Wed                               | Thur                                | Fri                                 | Sat                            |
|---------------------------------|-------------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|-------------------------------------|--------------------------------|
| After School Taekwondo Programs |                                     | Christian Heritage<br>2:45 - 3:30 | Daniels Farm<br>3:30 - 4:30       | St. Catherine<br>2:30 - 3:30        | Tashua<br>3:30 - 4:30               | Private lesson<br>8:30 - 12:00 |
| Little Tiger                    |                                     | 5:35 - 6:05<br>(Age 3-5)          |                                   |                                     | 5:10 - 5:40<br>(Age 3-5)            |                                |
| Level 1                         |                                     | 4:10 - 4:50                       | 5:00 - 5:40                       | 4:50 - 5:30                         | 4:30 - 5:10                         | Birthday Party<br>12:00 - 1:30 |
| Level 2                         |                                     | 4:50 - 5:30                       | 5:40 - 6:20<br>Sparring Class     | 4:10 - 4:50<br>Sparring Class       | 5:40 - 6:20                         |                                |
| Level 1,2                       | 4:20 - 5:00                         | 6:05 - 6:45                       |                                   | 6:10 - 6:50<br>Sparring Class       | 4:30 - 5:10<br>Sparring Class       |                                |
| Level 3, 4 & 5                  | 5:00 - 5:40                         |                                   | 6:20 - 7:00                       | 5:30 - 6:10                         | 5:40 - 6:20                         |                                |
| Level 3,4 & 5                   | 6:30 - 7:10                         |                                   | 4:20 - 5:00                       |                                     |                                     |                                |
| Black Belt Club                 | 5:40 - 6:30<br>BBC<br>Full Sparring |                                   | 7:00-7:50<br>BBC<br>Full Sparring | 6:55 - 7:35<br>BBC<br>Full Sparring | 6:20 - 7:10<br>BBC<br>Full Sparring |                                |
| Junior & Adult                  |                                     | 6:50 - 7:30                       |                                   | 7:35 - 8:15<br>Sparring Class       |                                     |                                |
| Private Lesson                  | 7:50 - 8:20                         | 7:30 - 8:00                       |                                   | 7:35 - 8:15                         | 7:40 - 8:10                         |                                |
| Level 4 & 5                     | 7:10 - 7:50                         |                                   |                                   |                                     | 7:10 - 8:10                         |                                |