



SUNRISE TAEKWONDO OF PORTLAND

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LITTLE TIGER 1 3:55 ~ 4:30	LITTLE TIGER 2 3:55 ~ 4:30	LITTLE TIGER 1 3:55 ~ 4:30	LITTLE TIGER 2 3:55 ~ 4:30	ALL LITTLE TIGER 3:55 ~ 4:30	JR.BLACK & BLACK BELT* 9:00 ~ 9:45
YELLOW & PURPLE 4:30 ~ 5:15	WHITE BELT 4:30 ~ 5:15	YELLOW & PURPLE 4:30 ~ 5:15	WHITE BELT 4:30 ~ 5:15	SR.BLUE,BROWN, SR.BROWN,RED 4:30 ~ 5:15	WHITE BELT (ALL AGE)* 9:45 ~ 10:30
ORANGE, GREEN, SR.GREEN, BLUE 5:15 ~ 6:00	ORANGE, GREEN, SR.GREEN, BLUE 5:15 ~ 6:00	SR.BLUE,BROWN, SR.BROWN,RED 5:15 ~ 6:00	YELLOW & PURPLE 5:15 ~ 6:00	ORANGE, GREEN, SR.GREEN, BLUE 5:15 ~ 6:00	SPARRING* 10:30 ~ 11:30
WHITE BELT 6:00 ~ 6:45	SR.RED & JR.BLACK 6:00 ~ 6:45	WHITE BELT 6:00 ~ 6:45	SR.BLUE,BROWN, SR.BROWN,RED 6:00 ~ 6:45	SR.RED & JR.BLACK 6:00 ~ 6:45	
SR.BLUE,BROWN, SR.BROWN,RED 6:45 ~ 7:30	BLACK BELT 6:45 ~ 7:45	ORANGE, GREEN, SR.GREEN, BLUE 6:45 ~ 7:30	BLACK BELT 6:45 ~ 7:45	YELLOW & PURPLE 6:45 ~ 7:30	
SR.RED & JR.BLACK 7:30 ~ 8:15	TEEN & ADULT 7:45 ~ 8:30	SR.RED & JR.BLACK 7:30 ~ 8:15	TEEN & ADULT 7:45 ~ 8:30	TEEN & ADULT 7:30 ~ 8:15	

- Classes with * are morning classes
- Age groups for each class are: Little Tiger (4 to 6), Color belts (7 and up), Teen & Adult (12 and up)
- Classes for beginners younger than 6: Little tiger 2, Classes for beginners older than 7: White belt

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