

# SCHEDULE OF LESSONS

(effective 9/7/21)



**Helpful Tips:**

- Zoom lessons: change the log in name to the student’s name if different.
- Outdoor lesson attire: comfortable clothing and athletic shoes. Indoor lessons: full uniform or TKD Plus T-shirt with uniform pants. Masks are required for all indoor activities.
- If you are not feeling well, please stay home and attend an online lesson.
- Enjoy your lesson! Enjoy the time you take to practice and improve your Tae Kwon Do skills!
- Besides teaching you a great martial art and life skills, we are here to help you stay active and connected. If you have any questions or need extra help, please feel free contact us.

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|                  | <b>ZOOM</b><br>ID: 862 5871 5877   | <b>CAMARILLO</b><br>676 E. Ponderosa Dr.  | <b>VENTURA</b><br>5912 Telegraph Rd.  |
|------------------|--|---|---|
| <b>MONDAY</b>    | 5:30 All Ranks   | <u>Location: TKDplus—indoors</u><br>3:30 Jr. White/Yellow<br>4:30 Black Belts (Adult/Teen/Jr)<br>5:30 Jr. Green-Red                       | <u>Location: Arroyo Verde Park</u><br>3:45 Tiger Cubs, Jr. White & Yellow<br>4:30 Jr. Green – Red<br>5:30 Jr. Black Belts, & all Adult/Teen<br><br><u>Location: TKDplus—indoors</u><br>3:45 Tiger Cubs<br>4:30 Black Belts (Adult/Teen/Jr)<br>5:30 Jr. Green-Red<br>6:30 Specialties: (Leadership/Staff/Demo) |
| <b>TUESDAY</b>   | 4:00 T. Cubs, Jr White-Blue<br>5:00 Jr. Purple –Red<br>6:00 Jr Black, Adults/Teens | <u>Location: Academy—Indoors</u><br>4:00 Jr. Green & Above<br>5:00 Tiger Cubs<br>5:45 Jr. White/Yellow<br>6:45 Adults/Teens, All Ranks    | <u>Location: TKDplus—indoors</u><br>3:45 Jr. White/Yellow<br>4:45 Tiger Cubs<br>5:30 Jr. Green—Red<br>6:30 Jr Black Belts, Adults/Teens all Ranks   |
| <b>WEDNESDAY</b> | 4:00 Jr. Purple—Red<br>5:00 T. Cubs, Jr White-Blue<br>6:00 Adults/Teens, Jr Black  |   | <u>Location: TKDplus—indoors</u><br>4:15 Jr. Green & Above<br>5:15 Jr White/Yellow<br>6:15 Jr. Green & Above<br>7:15 Adults/Teens, all ranks  |
| <b>THURSDAY</b>  | 4:00 T. Cubs Jr White-Green<br>5:00 Jr. Blue—Red<br>6:00 Adults/Teens, Jr. Black   | <u>Location: Academy—Indoors</u><br>3:45 Tiger Cubs<br>4:30 Jr. White & Yellow<br>5:30 Jr. Green and Above<br>6:30 Adult/Teens all ranks  | <u>Location: TKDplus—indoors</u><br>4:00 Jr. Green and Above<br>5:00 Jr White/Yellow<br>6:00 Tiger Cubs<br>6:45 Jr. Black, & Adults/Teens all ranks   |
| <b>FRIDAY</b>    |  | <u>Location: Academy—Indoors</u><br>3:30 Tiger Cubs<br>4:15 Jr.White/Yellow<br>5:15 Jr. Green belts & Above<br>6:15 Adult/Teens all ranks | <u>Location: Arroyo Verde Park</u><br>3:45 Jr. Green Belts and above<br>4:30 Tiger Cubs, Jr. White & Yellow<br>5:30 Jr. Black Belts, Adults/Teens all ranks   |
| <b>SATURDAY</b>  |  | <u>Location: Academy—Indoors</u><br>9:00a.m. Jr. Green and Above<br>10:00 Adults/Teens, All Ranks<br>11:00 T Cubs, Jr. White/Yellow       | <u>Location: TKDplus—Indoors</u><br>8:30am Adults/Teens, All Ranks<br>9:30 Jr. White/Yellow/ Green<br>10:30 Tiger Cubs<br>11:15 Jr. Blue and Above  |