

# Back to School Schedule

# Effective 9/3/2024



## Ahn's Taekwondo Academy

160 Lawrenceville-Pennington Rd

Lawrenceville, NJ 08648

(908) 331-1445

Visit us at [www.ahnstkdlawrenceville.com](http://www.ahnstkdlawrenceville.com)



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| Monday                                                              | Tuesday                                                       | Wednesday                                                 | Thursday                                                            | Friday                                                        | Saturday                                                              |
|---------------------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------------------|
| Private Lessons Available                                           |                                                               |                                                           |                                                                     |                                                               |                                                                       |
| 4:50-5:30PM<br>High and Black<br><br>15 Min.<br>BBC/LC OPTION       |                                                               |                                                           |                                                                     | 4:50-5:20pm<br><br>Little Tiger                               |                                                                       |
|                                                                     | 5:20-6:00PM<br>Low to Mid<br><br>15 Min.<br>BBC/LC OPTION     | 5:20-5:50pm<br><br>Little Tiger                           | 5:20-6:00PM<br>High and Black<br><br>15 Min.<br>BBC/LC OPTION       | 5:25-6:05PM<br>Low to Mid<br><br>15 Min.<br>BBC/LC OPTION     | 10:00-10:40AM<br><br>Teens and Adults<br><br>15 Min.<br>BBC/LC OPTION |
| 5:50-6:20pm<br><br>Little Tiger                                     |                                                               | 5:55-6:35PM<br>Low to Mid<br><br>15 Min.<br>BBC/LC OPTION |                                                                     |                                                               |                                                                       |
| 6:25-7:05PM<br>Low to Mid<br><br>15 Min.<br>BBC/LC OPTION           | 6:20-6:50pm<br><br>Little Tiger                               |                                                           | 6:20-7:00PM<br>Low to Mid<br><br>15 Min.<br>BBC/LC OPTION           | 6:25-7:05PM<br>High and Black<br><br>15 Min.<br>BBC/LC OPTION | 11:00-11:40AM<br>High and Black<br><br>15 Min.<br>BBC/LC OPTION       |
|                                                                     | 6:55-7:35PM<br>High and Black<br><br>15 Min.<br>BBC/LC OPTION | 6:55-7:35PM<br>Black<br><br>15 Min.<br>BBC/LC OPTION      | 7:20-8:00PM<br><br>Teens and Adults<br><br>15 Min.<br>BBC/LC OPTION | 7:25-8:25PM<br><br>PRE-INSTRUCTORS<br>Invitation Only         | 12:00-1:00PM<br><br>DEMO TEAM<br>Invitation Only                      |
| 7:25-8:05PM<br><br>Teens and Adults<br><br>15 Min.<br>BBC/LC OPTION |                                                               |                                                           |                                                                     |                                                               |                                                                       |

**\*\*Important Information\*\* Please Pay Careful Attention to the Details Provided Below.**

- Little Tigers: Open strictly for 3.5 years to 6 years old (Little Tigers program members) only.
- Low to Mid: Open to White, Yellow Stripe, Yellow, Orange, Green, Blue, and Purple belts.
- High and Black: Open to Brown, Red, Jr black and black belts.
- Black: Open to only Black belts.
- Teens/Adults: Open to all students 12 years old and up.
- Demo Team and Pre-Instructors: Special invitation by Masters.
- BBC/LC OPTION: Self-Defense, Weapons, and Full Contact Sparring Option Classes.  
Open to Black Belt Club and Leadership Program Members.

**A Days: Forms Day**

**15 Minutes: Weapons**

**B Days: Kicking and Non-Contact Sparring Day**

**15 Minutes: Full Contact Sparring**

**C Days: Basic Motion and Custom Day**

**15 Minutes: Self Defense**