



Maple Ridge Jeong's Taekwondo Academy
 102-11968 223 Street, Maple Ridge, BC V2X 5Y5
 (604) 466-2133 | www.jeongstaekwondo.com

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12–12:45 PM						LEADERSHIP CLASS
1–1:45 PM						ALL AGES/ MAKE-UP CLASS
2–3:30 PM						SPARRING & CONDITIONING
3:30–4:15 PM		YOUTH BEGINNER		YOUTH BEGINNER		
3:45–4:15 PM	TINY TIGERS		TINY TIGERS		TINY TIGERS	
4:25–5:10 PM	YOUTH INTERMEDIATE /ADVANCED	YOUTH INTERMEDIATE /ADVANCED	YOUTH INTERMEDIATE /ADVANCED	YOUTH INTERMEDIATE /ADVANCED	YOUTH ALL BELTS	SPECIAL EVENTS
5:20–6:05 PM	YOUTH BEGINNER	TEEN BEGINNER/ INTERMEDIATE	YOUTH BEGINNER	TEEN BEGINNER/ INTERMEDIATE	TEEN ALL BELTS	
6:15–7:00 PM	TEEN/ADULT BEGINNER	TEEN/ADULT ADVANCED	TEEN/ADULT BEGINNER	TEEN/ADULT ADVANCED	ADULT ALL BELTS	
7:10–8:00 PM	ADULT ALL BELTS	ADULT ALL BELTS	ADULT ALL BELTS	ADULT ALL BELTS	PRIVATE LESSON	
BELT LEVELS:			AGE GROUPS:			
Beginner: White - Green-Blue Belt			Tiny Tigers: 3-5			
Intermediate: Blue - Purple Belt			Youth: 6-12			
Advanced: Brown - Danbo Belt			Teen: 13-17			
Black Belt: Poom (Under 15), Dan (15+)			Adult: 18+			