

Sonoma Taekwondo Class Schedule

18997 Hwy 12 Suite 110 Sonoma, Ca. 95476
(707)-935-7118 www.sonomataekwondo.com

	Mon	Tues	Weds	Thurs	Fri	Sat
Junior Dragons 4, 5 & 6	3:30-4:05	3:30-4:05	3:30-4:05	3:30-4:05		10:00a
Junior Dragons 4, 5 & 6		5:35-6:15		5:35-6:15		
Summer Morning All Belt All Ranks	10:00-10:45		10:00-10:45			
Beginner 7 to 12 White & White / Yellow	4:10-4:50	5:35-6:15	4:10-4:50	5:35-6:15		10:00a
Children 6 thru 12 Green thru Blue/Red	4:55-5:35	4:45-5:30	4:55 - 5:35	4:45-5:30	4:30-5:25	10:00a
Children 6 thru 12 Red, Red/Black Poome	4:55-5:35	4:45-5:30	4:55-5:35	4:45-5:30	4:30-5:25	10:00
Leadership Practical Application						10:00a
Basic Training Teenage All Belt	5:40-6:25	6:30	5:40-6:25	6:30		9:00a
Advance Teen / Adult Blue thru Black		6:30		6:30		9:00a
Basic Training Adult All Belts		6:30		6:30		9:00a

No Loud Talking During Classes

Rules Parents and Friends should follow while viewing classes:

- ➡ All performances by students should receive the loudest and craziest cheers
- ➡ Smile! It's contagious and does wonders for your child's attitude
- ➡ When your child looks over at you during class, give them a thumbs up or a smile, but please do not talk or correct them
- ➡ Please do not step onto the mats at any time
- ➡ Please either turn your cell phone off during class, or take your calls outside