

Cincinnati Taekwondo Center

2019 Winter Class Schedule

Effective 1/3/19

<p>Little Tiger Taekwondo (ages 4-6) Term 1: effective 1/7/19</p> <p>MON 6:15-6:45 pm TUE 4:30-5:00 pm WED 5:15-5:45 pm THU 4:30-5:00 am FRI 5:15-5:45 pm SAT 10:15-10:45 am</p> <p>Children's Taekwondo white-blue belt (ages 7-12)</p> <p>MON 5:00-6:00 pm TUE 4:00-5:00 pm WED 6:00-7:00 pm THU 4:00-5:00 am FRI 5:00-6:00 pm</p> <p>Children's Taekwondo green - black belt rec. (ages 7-12)</p> <p>MON 6:00-7:00 pm TUE 5:00-6:00 pm WED 4:00-5:00 pm THU 5:00-6:00 am FRI 4:00-5:00 pm</p>	<p>Family Taekwondo (ages 7 and up)</p> <p>SAT 11:15-12:15 pm</p> <p>Adult/Teen Taekwondo (ages 13 and up)</p> <p>MON 9:00-10:15 am MON 7:00-8:15 pm TUE 7:00-8:15 pm WED 7:00-8:15 pm THU 7:00-8:15 pm FRI 9:00-10:15 am SAT 9:00-10:00 am</p> <p>Black Belt Club (members and black belts)</p> <p>TUE 6:00-7:00 pm THU 6:00-7:00 pm</p> <p>Exhibition Team (by audition only)</p> <p>THU 5:00-6:00 pm SELECT FRIDAYS (refer to schedule in application) 6:00-7:30 pm</p>	<p>Gumdo Korean Sword (ages 12+)</p> <p>THU 4:00-5:00 pm SAT 10:00-11:15 am</p> <p>Long Staff (ages 12+)</p> <p>THU 7:00-8:00 pm</p> <p>Hapkido (ages 12+)</p> <p>MON 7:00-8:00 pm TUE 6:00-7:00 pm THU 6:00-7:00 pm SAT 9:00-10:00 am</p> <p>Skills and Athletics (ages 7+ with sparring gear)</p> <p>WED 6:00-7:00 pm</p> <p>Taekwondo Sparring (ages 13+)</p> <p>Last THU of month 6:00-7:00 pm</p>
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Other sessions offered at CTC include Meditation classes, Yoga classes, and a book discussion group. Check the website for more details.



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