



Master Hwang's World Class Tae Kwon Do Centers

3575 Bridge Road, Suffolk, VA, 23435 774-0445

Effective May 4th 2009

Children / Adults / Families

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday (am) |
|------------------|-------------|-------------|-----------|-------------|-----------|---------------|
| KIDS WHITE BELT | 4:00-4:45 | | 4:45-5:30 | 4:45-5:30 | 5:30-6:15 | 9:50-10:35 |
| KIDS YELLOW BELT | | 4:45-5:30 | 5:30:6:15 | 6:15-7:00 | 4:00-4:45 | |
| KIDS GREEN BELT | 5:30-6:15 | 6:15-7:00 | 4:00-4:45 | | | 10:35-11:20 |
| KIDS BLUE BELT | | 4:00-4:45 | | 5:30-6:15 | 4:45-5:30 | 11:20-12:05 |
| KIDS RED BELT | 4:45-5:30 | 5:30-6:15 | | 4:00-4:45 | 7:00-7:45 | |
| KIDS SPARRING | | | | | 6:15-7:00 | |
| | | | | | | |
| ADULT | | 12:00-12:50 | | 12:00-12:50 | | 9:00-9:50 |
| | 8:05-8:55 | 8:20-9:10 | 8:05-8:55 | | 7:45-8:35 | |
| ADULT SPARRING | | | | 8:05-8:55 | | |
| | | | | | | |
| FAMILY | 7:15-8:05pm | 7:30-8:20 | 7:15-8:05 | 7:15-8:05 | | |

Little Tigers Program (ages 4 & 5)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-----------|---------|-----------|----------|-----------|-------------|
| TIGERS | 5:30-6:00 | | 3:30-4:00 | | 3:45-4:15 | 10:35-11:05 |



*If you are enjoying your classes, please tell a friend!
We appreciate your referrals.*

Additional Services

Birthday Parties

Who better to help celebrate your child's birthday than the fun and enthusiastic instructors at our center?
The two hour party includes a high energy class, games, pizza, and cake. Make your reservations early!

Guest Passes

Our VIP Program makes it easy to encourage your friends, family or co-workers to start training in Tae Kwon Do. Pick up a guest pass today from an instructor!

Demonstrations

Demonstrations and group trial lessons are available upon request. Please see an instructor if you are interested in a performance for school, church, scouts, or other special groups.