



# JAE H. KIM TAEKWONDO INSTITUTE

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**508-872-2400**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
4:00 pm Basics Children - All Belts	4:00 Children - All Belts	4:00 Children - All Belts	4:00 Children - All Belts	4:00 Basics Children - All Belts	9:30 Children - All Belts	
4:45 pm Children - All Belts	4:45 pm <b>Children: Green Stripe to Black Belt</b>	4:45 pm <b>Light Sparring Children: Yellow Stripe to Black Belt</b>	4:45 pm <b>Children Black Belt Program Members Only</b>	4:45 pm <b>Children: Green Stripe to Black Belt</b>	10:15 pm <b>Light Sparring Children: Yellow Stripe to Black Belt</b>	
5:30 - 6:30 <b>Family</b> Adults/Teens 12&up <b>Kids Green Stripe &amp; up</b>	5:30 - 6:30 <b>Advanced</b> Adults/Teens 12 & up <b>Kids Blue Belt &amp; up</b>	5:30 - 6:30 <b>Family</b> Adults/Teens 12 & up <b>Kids Green Stripe &amp; up</b>	5:30 - 6:30 pm <b>Family</b> Adults/Teens 12 & up <b>Kids Green Stripe &amp; up</b>	5:30 - 6:30 <b>FORMS</b> Adults/Teens 12 & up <b>Kids Green Stripe &amp; up</b>	11:00 <b>ALL FORMS</b> Adults/Teens 12 & up <b>Kids Blue Belt &amp; up</b>	
6:30 - 7:30 Adults/Teens 12 & up <b>Kids Green Stripe &amp; up</b>	6:30 - 7:30 <b>FORMS</b> Adults/Teens 12 & up <b>Kids Green Stripe &amp; up</b>	6:30 - 7:30 <b>Light Sparring All Ages Yellow Stripe &amp; up</b>	6:30 - 7:30 <b>Adults/Teens 12 &amp; up Black Belt Program</b>	6:30 - 7:30 <b>Full Range Sparring</b> Adults/Teens 12 & up <b>Kids Red Belt &amp; up</b>	12:00 <b>Light Sparring</b> Adults/Teens 12 & up <b>Kids Red Belt &amp; up</b>	
7:30 - 8:10 Adults/Teens 12 & up Children - All Belts	7:30 - 8:10 Adults/Teens 12 & up Children - All Belts	7:30- 8:10 Adults/Teens 12 & up Children - All Belts	7:30 - 8:10 Adults/Teens 12 & up Children - All Belts		1:00 <b>Black Belts Only</b>	
<b>Family</b> - Parents and children can take the same classes together. We do recommend that smaller children try and take the Children's classes whenever possible.		<b>Belt Color Progression:</b> White, Yellow Stripe, Yellow, Green Stripe, Green, Blue Stripe Blue, Red Stripe, Red, Black		<b>Light and Full Range Sparring:</b> gear required		<b>Hours:</b> Mon-Thur 4:00 - 8:00 Fri 4:00 - 7:30 Sat 9:30 - 2:00