



# JAE HUN KIM TAEKWON-DO INSTITUTE

## Adult Class Schedule

[www.tkd-boston.com](http://www.tkd-boston.com)

### Monday

10:00am  
Open Workout

NOON  
All Levels

3:30pm  
All Levels

5:30pm  
All Levels

6:30pm  
All Levels  
(Dojang 1)

Beginner  
(Dojang 2)

7:30pm  
Advanced II  
Green Belts & Above  
(Dojang 1)

7:45pm  
All Levels  
(Dojang 2)

### Tuesday

10:00am  
Open Workout

NOON  
Stretching Class  
All Levels

5:30pm  
All Levels  
(Dojang 1)

Beginner  
(Dojang 2)

6:30pm  
Forms Class

7:30pm  
Grappling Basics

8:30pm  
Competition Team  
Training

### Wednesday

10:00am  
Open Workout

NOON  
All Levels

3:30pm  
Forms & Poomsae  
Class  
All Levels

5:30pm  
All Levels

6:30pm  
All Levels  
(Dojang 1)

Beginner  
(Dojang 2)

7:30pm  
Light Sparring  
(Dojang 1)

7:45pm  
All Levels  
(Dojang 2)

### Thursday

10:00am  
Open Workout

NOON  
All Levels

5:30pm  
Endurance Training  
(Dojang 1)

Beginner  
(Dojang 2)

6:30pm  
All Levels

7:45pm  
All Levels  
(Dojang 2)

8:30pm  
Competition Team  
Training

### Friday

10:00am  
Open Workout

NOON  
All Levels

3:30pm  
All Levels

5:30pm  
All Levels

6:30pm  
Forms Class  
(Dojang 1)

Beginner  
(Dojang 2)

7:30pm  
Full Range  
Sparring  
(Dojang 1)

7:45pm  
All Levels  
(Dojang 2)

### Saturday

10:00am  
All Levels

11:00am  
Advanced I  
Yellow Belts & Above

NOON  
Black Belt Forms

1:00pm  
Competition Team  
Training

2:00pm  
BB Program  
Seminar

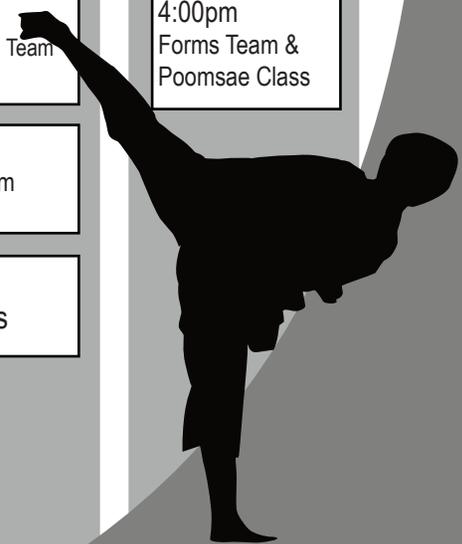
3:00pm  
All Levels

### Sunday

1:00pm  
All Levels /  
Test Review

3:00pm  
All Levels /  
Stretching

4:00pm  
Forms Team &  
Poomsae Class



### School Hours

Monday - Friday 10am - 9pm  
Saturday 10am - 6pm  
Sunday 10am - 4pm

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