

**Kang's Black Belt Academy**  
 18200-C Georgia Ave.  
 Olney, MD 20832  
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 www.kangs.ninja

# Class Schedule Winter 2022



Effective January 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A Days - Curriculum		B Days - Sparring		A Day - Curriculum	B Day - Sparring
4:30 pm Lil' Dragons	4:30 pm Kid Tigers	4:30 pm Kid Tigers	4:30 pm Lil' Dragons	4:30 pm Lil' Dragons	8:00 am Black Belt Fit
Cleaning		Cleaning		Cleaning	
5:00 pm Kid Tigers	5:10 pm Lil' Dragons	5:10 pm Lil' Dragons	5:00 pm Kid Tigers	5:00 pm Kid Tigers	9:00 am Adult TKD In-Studio only
Cleaning		Cleaning		Cleaning	
5:40 pm Beginner TKD	5:40 pm Advanced TKD	5:40 pm Sparring Foundations	5:40 pm Sparring Foundations	5:40 pm Beginner TKD	10:00 am Lil' Dragons In-Studio only
Cleaning		Cleaning		Cleaning	
6:25 pm Intermediate TKD	6:25 pm Beginner TKD	6:25 pm Black Belt Club	6:25 pm Sparring Advanced	6:25 pm Demo Team	10:30 am Kid Tigers In-Studio only
Cleaning		Cleaning		Cleaning	
7:10 pm Advanced TKD	7:10 pm Intermediate TKD	7:10 pm Sparring Advanced	7:10 pm Black Belt Club	7:10 pm 1st, 3rd, 5th Fridays Demo Team	11:10 am Sparring Foundations
Cleaning		Cleaning		Cleaning	
7:55 pm Black Belt/Adult	7:55 pm Black Belt/Adult	7:55 pm Black Belt/Adult	7:55 pm Black Belt/Adult	7:10 pm 2nd, 4th Fridays ITP Hybrid Class	11:55 am Masters Club In-Studio only
Cleaning		Cleaning		Cleaning	

Beginner TKD: White Belt through Gold Belt  
 Intermediate TKD: Purple Belt through Brown Stripe  
 Advanced/Blackbelt TKD: Brown Belt through Black Belt  
 Black Belt Class: Black Stripe & All Level Black Belts  
 Black Belt Club/Masters Club/ITP/Demo Team: By Invitation

Lil' Dragons: Ages 3-5 (Pre-School Age)  
 Kid Tigers: Ages 6-8  
 Adult Class: All TKD Belt Levels  
 Sparring Foundations: White Belt - Green Belt  
 Sparring Advanced: Brown Stripe - Black Stripe

**Formula For Success**  
 Attend an A Day and a B Day class each week. All classes are Hybrid In-Studio & Virtual except Saturdays.

12:40 pm  
Demo Team