



U.S. WORLD CLASS TAEKWONDO | 1740 EAST POWELL BOULEVARD, GRESHAM, OREGON 97030 | (503) 674-4800

CLASS SCHEDULE



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THE SPARK APP
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THIS SCHEDULE
AND MORE!

CURRICULUM DAYS

THEME DAYS

SPARRING DAY

COMBINED LEARNING DAY

MON

RED BROWN POOM &
BLACK BELTS
3:45-4:35 PM

NINJA PROGRAM
4:45-5:15 PM

WHITE & YELLOW BELTS
5:25-5:55 PM

ORANGE, GREEN,
PURPLE &
BLUE BELTS
6:05-6:50 PM

TEENS AND ADULTS
7:00-7:50 PM

TUE

WHITE & YELLOW BELTS
4:00-4:30 PM

ORANGE BELTS & ABOVE
4:35-5:20 PM

NINJA PROGRAM
5:30-6:00 PM

RED BROWN POOM &
BLACK BELTS
6:10-7:00 PM

PRIVATE LESSONS
AVAILABLE BY
APPOINTMENT

WED

PRIVATE LESSONS
AVAILABLE BY
APPOINTMENT

BLACK BELT &
MASTER CLUB
4:35-5:20 PM

BLACK BELT CLUB &
MASTER CLUB **PLUS**
5:25-5:55 PM

TEAM FORMS
6:05-6:50 PM

TEENS AND ADULTS
7:00-7:50 PM

THU

BLACK BELT &
MASTER CLUB
3:45-4:35 PM

BLACK BELT AND
MASTER CLUB **FITNESS**
4:45-5:45 PM

NINJA PROGRAM
4:45-5:15 PM

BASIC PROGRAM
5:25-5:55 PM

BLACK BELT CLUB &
MASTER CLUB
6:10-7:00 PM

FRI

PRIVATE LESSONS
AVAILABLE BY
APPOINTMENT

SPARRING BASICS
5:15-5:45 PM

INTERMEDIATE AND
ADVANCED SPARRING
5:55-6:25 PM

TEAM SPARRING
6:30-7:00 PM

PRIVATE LESSONS
AVAILABLE BY
APPOINTMENT

SAT

NINJA PROGRAM
9:15-9:45 AM

BASIC PROGRAM
10:00-10:30 AM

ALL MASTER CLUB &
BLACK BELT CLUB
WEAPONS CLASS
10:45-11:10 AM

BLACK BELT CLUB &
MASTER CLUB
11:15-NOON

PRIVATE LESSONS
AVAILABLE BY
APPOINTMENT



WE OFFER
PRIVATE LESSONS!



WE HAVE THE
BEST BIRTHDAYS!



SEE OUR ACTIVITY
CALENDAR FOR ALL
OUR ACTIVITIES!

ATTIRE REMINDERS:



MONDAYS & TUESDAYS

- Full uniform of choice is required.
- On Tip Test Days,
White Uniforms Only.



WEDNESDAYS - SATURDAYS

- U.S. World Class Taekwondo T-shirt is allowed
with black athletic pants or shorts of choice.
- Club members should bring
sparring gear and weapons.



EFFECTIVE DATE:
JUNE 29TH, 2026