



LITTLE DRAGONS - AGES 4 AND 5

MONDAY 4:30pm

WEDNESDAY 4:30pm

FRIDAY 4:30pm

JUNIOR CLASSES- AGES 6-12

BEGINNER CLASS

WHITE BELT THRU ORANGE SR. BELT

Monday	5:00pm
Tuesday	6:00pm
Wednesday	5:00pm
Thursday	6:00pm
Friday	5:00pm
Saturday	11:00am

INTERMEDIATE/ADVANCED

GREEN BELT THRU BLACK BELT

Monday	6:00pm
Tuesday	5:00pm
Wednesday	6:00pm
Thursday	5:00pm
Friday	5:00pm
Saturday	11:00am

FRIDAY NIGHT

5:00pm- Children all ranks

6:00pm- Weapons/Private Lessons

7:00pm Adult Only

ADULT CLASSES- AGES 13 AND UP

Monday	7:00pm
Tuesday	7:00pm
Wednesday	7:00pm
Thursday	7:00pm
Friday	7:00pm
Saturday	12:00pm

CATHAS' TAEKWONDO AMERICA

4928 Martin View Lane, Winston-Salem, NC. 27104

www.CathasTaekwondo.com

336-561-0026