

SMAC Program Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00-5:30pm Beginners Lil' Dragons White/Yellow	5:00-5:30pm Advanced Lil' Dragons Orange & Up	5:00-5:30pm Beginners Lil' Dragons White/Yellow	5:00-5:30pm Advanced Lil' Dragons Orange & Up		
Closed	5:00-6:00pm Advanced Lil' Dragons Orange & Up	5:00-6:00pm Beginners Lil' Dragons White/Yellow	5:00-6:00pm Advanced Lil' Dragons Orange & Up	5:00-6:00pm Beginners Lil' Dragons White/Yellow	5:15-6:00pm Lil' Dragons Sparring All Belts	10:00-10:50am TKD All Ages/Belts
Closed	6:00-6:50pm BB Training Judo	6:00-6:50pm Beginners Taekwondo 10th-7 th Gup	6:00-6:50pm BB Training Judo	6:00-6:50pm Beginners Taekwondo 10th-7 th Gup	6:00-6:50pm Bo Staff All Belts CKB/Boxing	11:00-11:50am BB Club Judo
Closed	7:00-7:50pm Intermediate Taekwondo 6 th -1 st Gup	7:00-7:50pm Intermediate Taekwondo 6 th -1 st Gup	7:00-7:50pm Beginners Taekwondo 10th-7 th Gup	7:00-7:50pm Intermediate Taekwondo 6 th -1 st Gup	7:00-7:50pm Sparring All Belts Boxing	12:00-12:45pm Lil' Dragons All Ages/Belts
Closed	8:00-8:50pm Black Belt TKD/Judo Open Mat	8:00-8:50pm Adult/Family TKD All Belts	8:00-8:50pm Black Belt TKD/Judo Open Mat	8:00-8:50pm Adult/Family TKD All Belts	8:00-8:50pm Black Belt TKD/Judo Open Mat	

Parents that wish to train along side their children can join in the appropriate junior class or have the child and parent attend the Adult/Family Class on Tuesday or Thursday, or the All Belts Saturday Class.

Beginners TKD	Intermediate TKD	LD Beginners	LD Advanced
10 th Gup Solid White	6 th Gup Solid Green	Solid White	White/Orange
9 th Gup White/Yellow Stripe	5 th Gup Green/Blue Stripe	Yellow/White	And Above
8 th Gup Solid Yellow	4 th Gup Solid Blue	Lil' Dragons All Belts	
7 th Gup Yellow/Green Stripe	3 rd Gup Blue/Red Stripe	Judo	
	2 nd Gup Solid Red		
	1 st Gup Red/Black Stripe		
All TKD Belts		Black Belt	