



Effective March 1, 2026

## WEEKLY CLASS SCHEDULE

519-749-KICK(5425)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00-4:45		ALL ABILITIES TEENS & ADULTS Ages 13+		ALL ABILITIES TEENS & ADULTS Ages 13+		11:00 AM - 11:30 AM TINY TIGERS Ages 3-5	11:00 AM - 11:30 AM TINY TIGERS Ages 3-5
4:45-5:30	CHILDREN Ages 6-12	CHILDREN Ages 6-12	CHILDREN Ages 6-12	CHILDREN Ages 6-12	CHILDREN Ages 6-12	11:30 AM - 12:15 PM CHILDREN Ages 6-12	11:30 AM - 12:15 PM CHILDREN Ages 6-12
5:30-6:00	TINY TIGERS Ages 3-5	TINY TIGERS Ages 3-5	TINY TIGERS Ages 3-5	TINY TIGERS Ages 3-5	TINY TIGERS Ages 3-5	12:15 PM - 1:00 PM FAMILY CLASS All Ages	12:15 PM - 1:00 PM FAMILY CLASS All Ages
6:00-6:45	FAMILY CLASS 1 All Ages	FAMILY CLASS 1 All Ages	FAMILY CLASS 1 All Ages	FAMILY CLASS 1 All Ages	*** SPARRING *** Children Ages 6-12	1:00 PM - 2:00 PM TEENS & ADULTS Ages 13+	1:00 PM - 2:00 PM TEENS & ADULTS Ages 13+
6:45-7:30	FAMILY CLASS 2 All Ages	FAMILY CLASS 2 All Ages	FAMILY CLASS 2 All Ages	FAMILY CLASS 2 All Ages	FAMILY CLASS All Ages	2:00 - 3:00 PM ADVANCED CLASS Invitation Only	
7:30-8:30	TEENS & ADULTS Ages 13+	TEENS & ADULTS Ages 13+	TEENS & ADULTS Ages 13+	TEENS & ADULTS Ages 13+	*** SPARRING *** Teens & Adults Ages 13+	Please make sure your e-mail address on file is up-to-date to receive communications about schedule changes, events, and holiday closures. All membership changes must be made in e-mail to <a href="mailto:kitchener@taekwondo.ca">kitchener@taekwondo.ca</a> , minimum 4 weeks prior to payment due date (all monthly memberships due on the 1st of each month). We do not offer credit for missed classes.	
	*** We will be CLOSED the LAST FRIDAY OF EACH MONTH for Colour Belt Testing ***				8:30 - 9:30 PM DEMO TEAM Invitation Only		
	*** SPARRING: Must be enrolled in 3x per week; Mandatory for Blue Belt and up ***						

### IMPORTANT INFORMATION

1. For safety reasons, parents/spectators are not allowed on the training area/matted surface
2. Class Schedule may be changed occasionally, every 6 months
3. Color Belt Test forms and fees must be in two (2) days prior to testing to avoid late fee of \$20
4. Students (Guardian) will be held responsible for any damages or vandalism made at BBW
5. Consultation with Master Chang or any instructor requires an appointment
6. All uniforms and equipment worn in class must be purchased through Black Belt World
7. It is mandatory for all students to be registered with Taekwondo Ontario : [www.taekwondo-ontario.com](http://www.taekwondo-ontario.com)
8. Standard Dress Code : BBW Dobok with Belt - White or Black plain undershirt may be worn under

For any questions please contact Master Erin  
**519-749-KICK(5425)** or [kitchener@taekwondo.ca](mailto:kitchener@taekwondo.ca)

[www.tkdkitchener.ca](http://www.tkdkitchener.ca)

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