



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 PM - 1:00 PM		Adult Curriculum All Belts	Adult Kyorugi All Belts	Adult Curriculum All Belts	Adult Poomsae All Belts	9:30 AM – 10:00 AM Tiny Tiger Ages 3 – 5	
1:00 PM - 4:00 PM						10:00 AM - 10:45 AM Children All Belts Ages 6 – 12	
						10:45 AM – 11:45 AM Family Class Children/Adult Mix	
4:00 PM - 4:30 PM	Tiny Tiger Curriculum Ages 3 – 5	4:00 PM – 4:45 PM Children Curriculum Blue to Black	**SPARRING** Students enrolled in 3x/week or more ONLY	4:00 PM – 4:45 PM Children Curriculum White to Purple	Tiny Tiger Curriculum Ages 3 – 5	11:45 AM - 12:45 PM Teen & Adult All Belts Ages 13+	
4:30 PM - 5:15 PM	Children Poomsae White to Purple Ages 6 – 12	4:45 PM – 5:30 PM Children Curriculum White to Purple	4:15 PM – 5:00 PM Tiny Tiger/Children Kyorugi White to Purple	4:45 PM – 5:30 PM Children Curriculum Blue to Black	Children Poomsae White to Purple Ages 6 – 12		
5:15 PM - 6:00 PM	Children Poomsae Blue to Black Ages 6 – 12	5:30 PM – 6:00 PM Tiny Tiger Curriculum Ages 3 – 5	5:00 PM - 6:00 PM Children Kyorugi Blue to Black	5:30 PM – 6:00 PM Tiny Tiger Curriculum Ages 3 – 5	Children Poomsae Blue to Black Ages 6 – 12	HPAC will alternate from BBW HQ and BBW Oakville every Saturday For Updates, News and Notices, Follow Us on Facebook: https://www.facebook.com/BBWHPAC/	
6:00 PM - 7:00 PM	Family Class Poomsae Children/Adult Mix	Family Class Curriculum Children/Adult Mix	Black Belt Kyorugi Black Belts Only	Family Class Curriculum Children/Adult Mix	Family Class Poomsae Children/Adult Mix		
7:00 PM - 8:00 PM	Teen & Adult Poomsae All Belts Ages 13+	7:00 PM – 8:30 PM HPAC KYORUGI	Teen & Adult Kyorugi All Belts Ages 13+	Teen & Adult Curriculum All Belts Ages 13+	BLACK BELT CLASS Black Belts Only	1:30 PM – 3:00 PM KYORUGI	

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. Colour Belt Test forms and fees must be in two (2) days prior to testing to avoid late fee of \$20
4. Please try your best to attend class, as credit for missed days are not provided
5. Students (Guardian) will be held responsible for any damages or vandalism made at BBW
6. There will be no class on the last Friday of each month due to Testing
7. Consultation with Master Chang or any instructor requires an appointment
8. All uniforms and equipment worn in class must be purchased through Black Belt World
9. It is mandatory for all students to be registered with Taekwondo Ontario: www.taekwondo-ontario.com
10. Standard Dress Code: BBW Dobok with Belt – White or Black plain undershirt may be worn under
11. Kyorugi Classes: Only available for students in at least 3x/w with a rank of Yellow belt or higher
12. Students must bring full sparring equipment to each Kyorugi and BBW Kyorugi Team class
13. Blue belts and higher require sparring gear and must be enrolled in at least 3x/week

BBW High Performance Kyorugi Program: Grand Master Tommy Chang- master@taekwondo.ca

Come Follow Us On:



1170 Burnhamthorpe Rd W #2, Mississauga, ON L5C 4E6. Black Belt World Support: info@taekwondo.ca | www.taekwondo.ca

For More Info: (905) 803-1079 BLACK BELT WORLD MISSISSAUGA

BIRTHDAY PARTY
OR
PRIVATE LESSONS

