



# MACKENZIE

*ITF... True and Original* TAEKWON-DO



## 835-7111      SCHEDULE      835-7111

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am - 9:30am	www.mackenzie-taekwondo.com					Beginner Belts
9:45am - 10:45am						Intermediate Belts
11:00am - 12:00pm						Advanced Belts
12:00pm - 1:00pm						Little Dragons
6:00pm - 7:00pm	Intermediate Belts	Beginner Belts	Intermediate Belts	Beginner Belts		
7:15pm - 8:15pm	Advanced Belts	Intermediate & Advanced Belts	Advanced Belts	Intermediate & Advanced Belts		
8:15pm - 9:15pm	Black Belts	Open Practice		Elite Team Training		

**Little Dragons** - ages 4 - 6.

**Beginner** - white belt to yellow stripe.

**Intermediate** - yellow belt to blue stripe.

**Advanced** - blue belt and above.

Family Classes - offer an opportunity for children and adults, especially families, to train together.