

Taekwondo In Action

Reston/Herndon

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Time	MON	TUE	WED	THUR	FRI
5:10-5:50	TINY TIGERS	Beginners Intermediate	TINY TIGERS	Beginners Intermediate	TINY TIGERS
5:50 - 6:30	Beginners Intermediate	TINY TIGERS	Beginners Intermediate	TINY TIGERS	Beginners Intermediate
6:30 - 7:10	Advanced & Black Belt	Teens & Adult Family	Advanced & Black Belt	Teens & Adult Family	Advanced & Black Belt

Beginners: White, White Stripe, Yellow, Yellow Stripe | **Intermediate:** Green, Green Stripe, Blue | **Advanced:** Blue Stripe, Brown, Brown Stripe, Red