

Taekwondo In Action

Reston/Herndon
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Summer Schedule 6/22/2026 - 8/21/2026

| Time | MON | TUE | WED | THUR | FRI |
|-------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| 5:00 - 5:40 | TINY TIGERS | Beginners Intermediate | TINY TIGERS | Beginners Intermediate | TINY TIGERS |
| 5:40 - 6:20 | Beginners Intermediate | TINY TIGERS | Beginners Intermediate | TINY TIGERS | Beginners Intermediate |
| 6:20 - 7:00 | 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