



Taekwondo In Action

Reston/Herndon

Phone: (703) 373-2323

Email: reston@tkdination.com

Website: www.tkdination.com



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	CHILDREN ALL COLOR BELTS	INTERMEDIATE ADVANCED	CHILDREN ALL COLOR BELTS	INTERMEDIATE ADVANCED	ADVANCED BLACK BELT
7:10 – 7:50	ADVANCED BLACK BELT	TEENS & ADULT	ADVANCED BLACK BELT	TEENS & ADULT	

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