NAM`S U.S.TAEKWONDO CENTER SCHEDULE (Start Schedule : SEP 02th, 2019)

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| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **11:00AM~11:50AM** | **Mon,Wed and Friday ADULT CLASS(weight control ,self defense and taekwondo)** | | | | | **10:00am~12:00pm**  **Taekwondo fun activity ,a little bounce house , open to a public (bring your friends and havng fun!) (CLOSED FOR SUMMER AND RETURNED ON WINNTER 2019)** |
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| **3:00PM~5:30PM** | **Welcome …After school program (HOMEWORK, TAEKWONDO CLASSES, PROVIDE SNACK)** | | | | |
| **4:00PM~4:50PM** | **CHILDREN BEGINNER CLASS**  **WHITE** | **LITTLE TIGER**  **CLASS 3~5YR**  **4:20PM~4:50PM** | **CHILDREN BEGINNER CLASS**  **WHITE** | **LITTLE TIGER**  **CLASS 3~5YR**  **4:20PM~4:50PM** | **Youth Action !!**  **Community Action**  **Family Center** |
| **5:00PM~5:50PM** | **CHILDREN**  **GREEN BELT TO UP** | **CHILDREN YELLOW TO**  **H -ORANGE** | **CHILDREN**  **GREEN BELT TO UP** | **CHILDREN YELLOW TO**  **H -ORANGE** | **CHILDREN ALL BELT CLASS** | ASK ABOUT OUR AWESOME TAEKWONDO BIRTHDAY PARTIES!AVAILABLE SATURDAYS /SUNDAY C:\Users\Hyuntae\AppData\Local\Microsoft\Windows\INetCache\Content.Word\untitled.png |
| **6:00PM~6:50PM** | **LITTLE DRAGON CLASS 3 -5 YR**  **6:00PM~6:30PM** | **FAMILY CLASS**  **ALL BELT**  **Dojang#1**  **&**  **NAM`S TAEKWONDO DEMO**  **Dojang#2** | **LITTLE DRAGON CLASS 3-5YR**  **6:00PM~6:30PM** | **FAMILY CLASS**  **ALL BELT**  **Dojang#1**  **&**  **SPARRING CLASS/**  **SELF DEFENS CLASS**  **(ONE A WEEK)**  **Dojang#2** | **TEENS/ADULTS/**  **KIDS/FAMILY CLASS**  **ALL BELT** |
| **7:00PM~7:50PM** | **TEENS AND ADULTS CLASS**  **6:40PM~7:30PM**  **Intermediate**  **Dojang#1**  **&**  **Advanced**  **Dojang#2** |  | **TEENS AND ADULTS CLASS**  **6:40PM~7:30PM**  **Intermediate**  **Dojang#1**  **&**  **Advanced**  **Dojang#2** |  |  |
| **NAM`S U.S.Taekwondo Center Activity**  **BEFORE &AFTER SCHOOL: Our Before and After School Program provides children with a safe and structured learning environment where they receivetutoring, homework help, and are encouraged to develop strong values and social skills that will help them to build successful futures. \*\*We transport!\*\***  **BIRTHDAY PARTIES: Ask us about our awesome taekwondo birthday parties! Offered on Saturdays after 10:00AM and Sundays after 10:00AM**  **FOR MORE INFORMATION ABOUT OUR SERVICES, PLEASE SPEAK TO MASTER NAM!** | | | | | | |
| **NAM`S U. S. TAEKWONDO : 154 MAIN STREET, Greenfield MA CALL: 413-772-1919** | | | | | | |