

# CLARINGTON MARTIAL ARTS TRAINING SCHEDULE SPRING 2026

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GYM	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY												
	SOUTH	WEST	SOUTH	WEST	SOUTH	WEST	SOUTH	WEST	SOUTH	WEST	GYM	SOUTH											
4:00 PM	<b>Comp Team Practice</b> All Divisions 4:00 - 5:00				<b>Comp Team Practice</b> All Divisions 4:00 - 5:00		<b>Simian Circuit</b> All Ages 4:30 - 5:00		<b>Comp Team Practice</b> All Divisions 4:00 - 5:00		11:00 AM												
4:15 PM													11:15 AM	<b>Demo Weapons</b> All Belts 11:00 - 12:00									
4:30 PM													11:30 AM										
4:45 PM													11:45 AM										
5:00 PM	<b>Taekwondo Fundamentals</b> All Belts 9 & Under 5:00 - 6:00	<b>Little Dragons</b> Ages 5 - 7 5:00 - 5:45 5:45 - 6:30	<b>Taekwondo Fundamentals</b> All Belts 9 & Under 5:00 - 6:00	<b>Dragonflies</b> Ages 3 - 5 5:00 - 5:30 5:30 - 6:00	<b>Little Dragons</b> Ages 5 - 7 5:00 - 5:45 5:45 - 6:30	<b>Taekwondo Fundamentals</b> All Belts 9 & Under 5:00 - 6:00	<b>Little Dragons</b> Ages 5 - 7 5:00 - 5:45 5:45 - 6:30	<b>Taekwondo Fundamentals</b> All Belts 9 & Under 5:00 - 6:00	<b>Dragonflies</b> Ages 3 - 5 5:00 - 5:30 5:30 - 6:00	<b>FRIDAY NIGHT FIGHTS</b> <i>Sparring Practice</i> All Belts All Ages 5:00 - 6:30	<b>GRADINGS &amp; PRIVATE LESSONS</b> By Appointment 4:00 - CLOSE	12:00 PM	<b>Taekwondo All Ages</b> All Belts 12:00 - 1:00										
5:15 PM																						12:15 PM	
5:30 PM											12:30 PM												
5:45 PM	<b>Poomsae</b> All Belts 6:00 - 6:30		<b>Intermediate &amp; Advanced Taekwondo</b> Green Belt + All Ages 6:00 - 7:30			<b>Poomsae</b> All Belts 6:00 - 6:30		<b>Intermediate &amp; Advanced Taekwondo</b> Green Belt + All Ages 6:00 - 7:30		<b>Hapkido &amp; Self Defense</b> All Belts All Ages 6:30 - 8:00		12:45 PM	<b>GRADINGS &amp; PRIVATE LESSONS</b> By Appointment 10:00 - CLOSE										
6:00 PM																						1:00 PM	
6:15 PM												1:15 PM											
6:30 PM	<b>Taekwondo Fundamentals</b> All Belts 10 & Up 6:30 - 7:30				<b>Taekwondo Fundamentals</b> All Belts 10 & Up 6:30 - 7:30			<b>Intermediate &amp; Advanced Taekwondo</b> Green Belt + All Ages 6:00 - 7:30			<b>Hapkido &amp; Self Defense</b> All Belts All Ages 6:30 - 8:00	<b>FREE TRIAL CLASSES AVAILABLE</b>	1:30 PM										
6:45 PM																						1:45 PM	
7:00 PM																							
7:15 PM																							
7:30 PM	<b>Adult Taekwondo Fundamentals</b> 14 & Over 7:30 - 8:30	<b>Black Belt Club</b> By invitation 7:30 - 9:00	<b>KD Kicks &amp; Conditioning</b> All Belts All Ages 7:30 - 8:30		<b>Adult Taekwondo Fundamentals</b> 14 & Over 7:30 - 8:30	<b>Black Belt Club</b> By invitation 7:30 - 9:00	<b>KD Kicks &amp; Conditioning</b> All Belts All Ages 7:30 - 8:30		<b>WORK HARD!! HAVE FUN!!</b>														
7:45 PM																							
8:00 PM																							
8:15 PM																							

PRIVATE LESSONS AVAILABLE:  
WEEKDAYS 3PM - 5PM, FRIDAY EVENINGS & SATURDAY AFTERNOONS