



Welcome to A-one Taekwondo

www.A-onetkd.co

EFFECTIVE From 1st September 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM 01:00-3:00	Private Lesson by appointment	Private Lesson by appointment	Private Lesson by appointment	Private Lesson by appointment	Private Lesson by appointment	Little A-ONE [Kindergarten] 10:00am ~ 10:30am	Special Schedule Belt Promotion Test, Movie night, Birthday Party, Team Training etc.
PM 4:00 ~ 4:45	Children [Intermediate] Yellow - Green	Children [Beginner] No - White belt	Children [Advanced 2] Red - Black 4:00 ~ 4:45	Little A-ONE [Kindergarten] 4:00 ~ 4:30	Little A-ONE [Kindergarten] 4:00 ~ 4:30	Open Class No - Orange 10:35 am ~ 11:20 am	
PM 4:50 ~ 5:35	Children [Beginner] No - White belt	Children [Advanced 2] Red - Black	Little A-ONE [Kindergarten] 4:50 ~ 5:20	Children [Beginner] No - White belt 4:35 ~ 5:20	Children [Intermediate] Yellow - Green 4:35 ~ 5:20	Open Class Green - Black 11:25 am ~ 12:10 pm	
PM 5:40 ~ 6:25	Little A-ONE [Kindergarten] 5:40 ~ 6:10	Children [Advanced 1] Blue ~ Brown	Children [Intermediate] Yellow - Green 5:25 ~ 6:10	Children [Advanced 1,2] Blue - Black 5:25 ~ 6:10	Children [Beginner] No - White belt 5:25 ~ 6:10	Team A-one Training (Sparring Team) 12:20 pm ~ 1:20 pm	
PM 6:30 ~ 7:15	Children [Advanced 1] Blue ~ Brown 6:15 ~ 7:00	Children [Intermediate] Yellow - Green	Children [Advanced 1] Blue ~ Brown 6:15 ~ 7:00	Children [Beginner] No - White belt 6:15 ~ 7:00	Children [Advanced 1,2] Blue - Black 6:15 ~ 7:00	Special Schedule Belt Promotion Test, Movie night, Birthday Party, Team Training, Leadership Training etc.	
PM 7:20 ~ 8:05	Children [Advanced 2] Red - Black 7:05 ~ 7:50	Children [Beginner] No - White belt	Children [Beginner] No - White belt 7:05 ~ 7:50	Children [Intermediate] Yellow - Green 7:05 ~ 7:50	Teen / Adult 7:05 ~ 7:50		
PM 8:10 ~ 8:55	Teen / Adult 7:55 ~ 8:40	Teen / Adult Family	Team A-one Training (Poomsae Team) 7:55 ~ 9:00	Teen / Adult Family 7:55 ~ 8:40	Private Lesson by appointment		
PM 9:00 ~ 9:45	Temporary Close	Temporary Close	Temporary Close	Temporary Close	Temporary Close	(780) 915 - 2163 aonetkd.tamarack@gmail.com	

Kindergarten Class Rank : NO - WHITE - **YEELow Strip** - **GREEN Strip** - **BLUE Strip** - **RED Strip**

Regular Class Rank : [NO - WHITE] - [**YEELow** - **ORANGE** - **GREEN**] - [**BLUE** - **PURPLE** - **BROWN**] - [**RED** - **BLACK STRIPE** - **BLACK BELT**]

*We at A-one Taekwondo are constantly trying to improve our schedule to better suit your needs. # Make-up Class: for the make-up class, please contact us and book a class in advance due to limit number of students. [Make - up class will provide due to Do-Jang schedule or Public holiday.]
This schedule is designed to ensure that you receive the training you deserve.