



Welcome to A-one Taekwondo  
www.A-onetkd.co

(780) 915 - 2163

**EFFECTIVE FROM 29th APR 2024**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM 12:00-12:45	Private Lesson by appointment	Private Lesson by appointment	Private Lesson by appointment	Private Lesson by appointment	Private Lesson by appointment		<b>Special Schedule</b> Belt Promotion Test, Movie night, Birthday Party, Team Training etc.
PM 3:30 ~ 4:00	Private Lesson by appointment	Private Lesson by appointment	Private Lesson by appointment	Little A-ONE (Kindergarten)	Private Lesson by appointment	Little A-ONE (Kindergarten) 10:00am ~ 10:30am	
PM 4:10 ~ 4:55	Children Yellow - Green	Children No - White belt	Children Blue - Black	Children No - White belt	Little A-ONE (Kindergarten) 4:00 ~ 4:30	Open Class No - Orange 10:40 am ~ 11:25 am	
PM 5:05 ~ 5:50	Children No - White belt	Children Blue - Black	Children Yellow - Green	Children Blue - Black	Children No - White belt 4:35 ~ 5:20	Open Class Green - Black 11:30am ~ 12:15pm	
PM 6:00 ~ 6:45	Little A-ONE (Kindergarten) 6:00 ~ 6:30	Children Yellow - Green	Little A-ONE (Kindergarten) 6:00 ~ 6:30	Children No - White belt	Children Yellow - Green 5:25 ~ 6:10	Private Lesson by appointment	
PM 6:50 ~ 7:35	Children Blue - Black 6:35 ~ 7:20	Children No - White belt	Children No - White belt 6:40 ~ 7:25	Children Yellow - Green	Teen / Adult 6:15 ~ 7:00	<b>Special Schedule</b> Belt Promotion Test, Movie night, Birthday Party, Team Training etc.	
PM 7:40 ~ 8:25	Teen / Adult 7:25 ~ 8:10	Teen / Adult Family	Team A-one Training ( Poomsae Team ) 7:30 ~ 8:30	Teen / Adult Family	Private Lesson by appointment	Are you new to Martial Arts? Book a FREE introductory lesson today!! Specializing award winning children and adults program.	
PM 8:30 ~ 9:15	Temporary Close	Temporary Close	Temporary Close	Temporary Close	Temporary Close	<b>aonetkd.tamarack@gmail.com</b>	

Rank : NO - WHITE - YELLOW - 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 This schedule is designed to ensure that you receive the training you deserve. number of students.