

	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] Orange ~ Blue	Children [Beginner] No ~ Yellow	Children [Advanced 2] Black St ~ Black 4:00 ~ 4:45	Little A-ONE [Kindergarten] 4:00 ~ 4:30	Little A-ONE [Kindergarten] 4:00 ~ 4:30	Open Class No - Green 10:35 am ~ 11:20 am	
PM 4:50 ~ 5:35	Children [Beginner] No ~ Yellow	Children [Advanced 2] Black St ~ Black	Little A-ONE [Kindergarten] 4:50 ~ 5:20	Children [Beginner] No ~ Yellow 4:35 ~ 5:20	Children [Intermediate] Orange ~ Blue 4:35 ~ 5:20	Open Class Blue - Black 11:25 am ~ 12:10 pm	
PM 5:40 ~ 6:25	Little A-ONE [Kindergarten] 5:40 ~ 6:10	Children [Advanced 1] Purple ~ Red	Children [Intermediate] Orange ~ Blue 5:25 ~ 6:10	Children [Advanced 1,2] Purple ~ Black 5:25 ~ 6:10	Children [Beginner] No ~ Yellow 5:25 ~ 6:10	Team A-one Training (Sparring Team) 12:30 pm ~ 1:30 pm	
PM 6:30 ~ 7:15	Children [Advanced 1] Purple ~ Red 6:15 ~ 7:00	Children [Intermediate] Orange ~ Blue	Children [Advanced 1] Purple ~ Red 6:15 ~ 7:00	Children [Beginner] No ~ Yellow 6:15 ~ 7:00	Children [Advanced 1,2] Purple ~ 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] Black St ~ Black 7:05 ~ 7:50	Children [Beginner] No ~ Yellow	Children [Beginner] No ~ Yellow 7:05 ~ 7:50	Children [Intermediate] Orange ~ Blue 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.