



Waldorf Martial Arts Class Schedule

Effective 11/3/2025

PLEASE TRY TO BE ON TIME FOR YOUR CLASS. TO SEE PROGRESS, **ATTEND CLASS CONSISTANTLY AT LEAST 2 TIMES A WEEK; ONE A-DAY AND ONE B-DAY.**

Taekwondo students should attend one **A-Day** & one **B-day** a week. Missed classes should be made up.

A-Days: Forms & self-defense. **B-Days:** Sparring.

Order of Lil' Dragons Belt Colors:



Order of Taekwondo Belt Colors:



Click on classes listed in blue to access via ZOOM TV.

URL: <https://us02web.zoom.us/j/89326406202>

Meeting ID: 89326406202

TIME	MONDAY- A-DAY	TUESDAY- A-DAY	WEDNESDAY- B-DAY	THURSDAY-B-DAY	FRIDAY-B-DAY	SATURDAY- A-DAY	
11:00 AM	All Ranks-Adults		All Ranks Adults			9:30 am	White Belt
3:45 PM	After School Karate 1	After School Karate 1	After School Karate 1	After School Karate 1		10:00 am	White/Orange, Orange, & Yellow Belt- Forms
4:30 PM	Afterschool Karate 2	Afterschool Karate 2	Afterschool Karate 2	Afterschool Karate 2	Afterschool Karate Elite Team	10:45 am	Green, Blue, Blue/Purple, & Purple Belt- Forms
5:30 PM	Lil' Dragons Beginner White, Orange Stripe, Yellow Stripe Belt	Lil' Dragons Advanced Green Stripe to Black Stripe	Lil' Dragons Beginner White, Orange Stripe, Yellow Stripe Belt	Lil' Dragons Advanced Green Stripe to Black Stripe	White to Yellow Belt-Spar Concepts	11:30 am	Elite Team
6:00 PM	Lil' Dragons Advanced & Tigers Taekwondo	Lil' Dragons Beginner	Lil' Dragons Advanced & Tigers Taekwondo	Lil' Dragons Beginner		12:15 pm	Brown, Red, & Red/Black Belt- Forms
6:15 PM					Green to Black Belt- Sparring- Age 10 & under	1:00 pm	Black Belt- Forms
6:30 PM	White Belt	White/Orange & Orange Belt- Forms	White Belt	White/Orange Belt-Spar concepts			
7:00 PM	Yellow & Green Belt-Forms		Orange & Yellow Belt-Spar Concepts		Green to Black Belt- Sparring- Ages 11 & older		
7:15 PM		Brown to Black Belt-Forms		Elite Team			
7:45 PM	Blue to Purple Belt-Forms		Green to Black Belt-Sparring				
8:00 PM		Teen/Adults- All Ranks- Forms		Teen/Adults- All Ranks- Spar			