

Waldorf Martial Arts Class Schedule

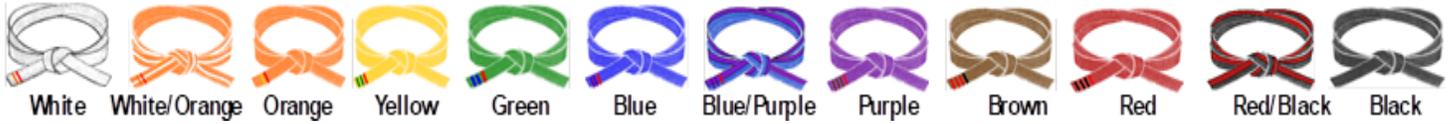
2026

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: White Orange Stripe Yellow Stripe Green Stripe Blue Stripe Purple Stripe Brown Stripe Red Stripe Black Stripe

Order of Taekwondo Belt Colors:



DAY AND TIME	CLASS TITLE	ZOOM HYPERLINK	CLASS ID
MONDAY		FORMS – A-DAY	
All ranks, Adults & Black Belts		NO ZOOM AVAILABLE	
11:00 am – 12:00 pm	Lil' Dragons-Beginner	https://us02web.zoom.us/j/89326406202 	89326406202
5:30 pm – 6:00 pm	Lil' Dragons-Advanced- attendance by invitation only)		
6:00 pm – 6:30 pm	Tigers (Dragon Black Belts not yet 7 w/ 8 Stripes)		
6:15 pm – 6:45 pm	White Belt		
6:30 pm – 7:00 pm	Yellow Belt & Green Belt		
7:00 pm – 7:45 pm	Blue Belt to Purple Belt		
7:45 pm - 8:30 pm			
TUESDAY		FORMS – A-DAY	
5:30 pm – 6:00 pm	Lil' Dragons-Advanced (attendance by invitation only)	https://us02web.zoom.us/j/89326406202 	89326406202
6:00 pm – 6:30 pm	Lil' Dragons-Beginner		
6:30 pm – 7:15 pm	White/Orange Belt to Orange Belt		
7:15pm – 8:00 pm	Brown Belt to Black Belt		
8:00 pm – 9:00 pm	Teen & Adult Class-ALL RANKS		
All ranks, Adults & Black Belts		NO ZOOM AVAILABLE	
11:00 am – 12:00 pm	Lil' Dragons-Beginner	https://us02web.zoom.us/j/89326406202 	89326406202
5:30 pm – 6:00 pm	Lil' Dragons-Advanced attendance by invitation only)		
6:00 pm – 6:30 pm	Tigers (Dragon Black Belts not yet 7 w/ 8 Stripes)		
6:15 pm – 6:45 pm	White Belt		
6:30 pm – 7:00 pm	Orange Belt to Yellow-Belt		
7:00 pm – 7:45 pm	Green Belt to Black Belt		
7:45 pm - 8:30 pm			
THURSDAY		SPARRING – B-DAY	
5:30 pm – 6:00 pm	Lil' Dragons-Advanced- attendance by invitation only)		
6:00 pm – 6:30 pm	Lil' Dragons-Beginner		
6:30 pm – 7:15 pm	White/Orange Belt		
7:15pm – 8:00 pm	Elite Team Weapons Class -Green to Black Belt		
8:00 pm – 9:00 pm	Teen & Adult Class-ALL RANKS		
FRIDAY		SPARRING – B-DAY	
5:30 pm – 6:15 pm	White Belt to Yellow Belt		
6:15 pm – 7:00 pm	Green Belt to Black Belt- Ages 10 and under		
7:00 pm	Green Belt to Black Belt- Ages 11 and above		
All ranks, Adults & Black Belts		NO ZOOM ON SATURDAY'S	
SATURDAY		FORMS – A-DAY	
9:30 am – 10:00 am	White Belt		
10:00 am – 10:45 am	White/Orange Belt to Yellow to Belt		
10:45 am – 11:30 am	Green Belt to Purple Belt		
11:30 am – 12:15 pm	Elite Team Weapons Class -Green to Black Belt		
12:15 pm – 1:00 pm	Brown Belt to Red/Black Belt		
1:00 pm – 1:45 pm	Black Belt		