

# CHOSUN TAEKWONDO ACADEMY

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00-4:00</p> <p><b>Private Instruction</b></p> <p>Chosun Instructors</p>	<p>9:30-10:45</p> <p><b>Hatha Yoga</b></p> <p>Patty Cook</p>	<p>☯ 11:15-12:15 ☯</p> <p><b>Morning All Belts Teen/Adult</b></p> <p>Grandmaster Cook</p>	<p>10:00-10:45</p> <p><b>Qigong Practice</b></p> <p>Master Garrett</p>	<p>9:00-10:30</p> <p><b>Private Instruction</b></p> <p>Chosun Instructors</p>	<p>9:30-10:45</p> <p><b>Hatha Yoga</b></p> <p>Patty Cook</p>
<p>5:00-5:45</p> <p><b>KickStart</b></p> <p>Ages 4 &amp; 5</p> <p>Master Pyke</p>	<p>☯ 11:15-12:15 ☯</p> <p><b>Morning All Belts LIVE-STREAM ONLY</b></p> <p>Grandmaster Cook</p>	<p>1:00-4:30</p> <p><b>Private Instruction</b></p> <p>Chosun Instructors</p>	<p>☯ 11:15-12:15 ☯</p> <p><b>Morning All Belts LIVE-STREAM ONLY</b></p> <p>Grandmaster Cook</p>	<p>☯ 11:15-12:15 ☯</p> <p><b>Morning All Belts</b></p> <p>Grandmaster Cook</p>	<p>☯ 11:15-12:15 ☯</p> <p><b>Morning All Belts</b></p> <p>Grandmaster Cook</p>
<p>6:00-7:00</p> <p><b>All Belts</b></p> <p>Master Testa</p>	<p>5:00-5:45</p> <p><b>Youth Training</b></p> <p>Ages 6 to 12</p> <p>Master Crouchen</p>	<p>5:00-5:45</p> <p><b>KickStart</b></p> <p>Ages 4 &amp; 5</p> <p>Master Pyke</p>	<p>5:00-5:45</p> <p><b>Youth Training</b></p> <p>Ages 6 to 12</p> <p>Instructor Bele</p>	<p>☯ 11:15-12:15 ☯</p> <p><b>Morning All Belts Teen/Adult</b></p> <p>Grandmaster Cook</p>	<p>12:30-1:30</p> <p><b>Afternoon All Belts LIVE-STREAM ONLY</b></p> <p>Instructor Radakovits</p>
<p>7:15-8:15</p> <p><b>Black Belts</b></p> <p>Master Roche</p>	<p>6:00-7:00</p> <p><b>All Belts</b></p> <p>Instructor Radakovits Master Garrett</p>	<p>6:00-7:00</p> <p><b>Black Belts</b></p> <p>Master Testa</p>	<p>☯ 6:00-7:00 ☯</p> <p><b>Call-Out Poomsae</b></p> <p>Grandmaster Cook</p>	<p>5:00-6:00</p> <p><b>Youth Poomsae REMOTE-STREAM ONLY</b></p> <p>Master Maynard</p>	<p><b>Sunday</b></p>
	<p>☯ 7:15-8:15 ☯</p> <p><b>Poomsae Review</b></p> <p>Grandmaster Cook</p>	<p>7:15-8:15</p> <p><b>Color Belt Review</b></p> <p>Master Adams Instructor Heslin</p>	<p>7:15-8:15</p> <p><b>All Belts</b></p> <p>Master Orlovsky</p>	<p>☯ 6:30-7:30 ☯</p> <p><b>All Belts</b></p> <p>Grandmaster Cook</p>	<p>☯ 10:00-11:00 ☯</p> <p><b>Black Belts</b></p> <p>Grandmaster Cook</p>
					<p>☯ 11:15-12:15 ☯</p> <p><b>Black Belts LIVE-STREAM ONLY</b></p> <p>Grandmaster Cook</p>



## FALL / WINTER 2020 SCHEDULE

☯ ALL DOJANG CLASSES LIVE-STREAMED ONLINE ☯  
 Effective 9/1/20 through 12/31/20 – Social Distancing / Masks Required  
*Students may attend LIVE-STREAM ONLY CLASSES at the dojang, but attention will be directed primarily to those online*

