

# CHOSUN TAEKWONDO ACADEMY

60 GALLOWAY ROAD / UNIT 2 WARWICK, NY 10990 (845) 986-2288 www.chosuntkd.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:30-3:30 <b>Qigong Practice</b> Master J. Garrett	9:30-11:00 <b>Hatha Yoga</b> Patty Cook	11:15-12:30 <b>Morning All Belts Teen/Adult</b> Grandmaster Cook	9:30-11:00 <b>Hatha Yoga</b> Patty Cook	11:15-12:30 <b>Morning All Belts Teen/Adult</b> Grandmaster Cook	9:30-11:00 <b>Hatha Yoga</b> Patty Cook
4:45-5:30 <b>KickStart Ages 4 &amp; 5</b> Master Pyke	11:15-12:30 <b>Morning All Belts Teen/Adult</b> Grandmaster Cook	12:30-4:30 <b>Private Instruction</b> Chosun Instructors	11:15-12:30 <b>Morning All Belts Teen/Adult</b> Grandmaster Cook	12:45-1:30 <b>Warwick Day Care Taekwondo</b> Master Pyke	11:15-12:30 <b>Morning All Belts</b> Grandmaster Cook
5:30-6:30 <b>Black Belt &amp; Bodan</b> Master Testa	5:00-6:00 <b>Youth Training Ages 6 to 12</b> Instructor Bele		5:00-6:00 <b>Youth Training Ages 6 to 12</b> Master Crouchen	4:30-5:30 <b>Youth Poomsae Ages 6 to 16</b> Instructor Maynard	12:30-1:30 <b>Color Belt Review (Black Belts Permitted)</b> Master J. Garrett
6:30-7:30 <b>All Belts</b> Master Testa	6:00-7:00 <b>All Belts</b> Master Orlovsky	4:45-5:30 <b>KickStart Ages 4 &amp; 5</b> Master Pyke	6:00-7:00 <b>All Belts</b> Grandmaster Cook Master Suleski	5:30-6:30 <b>Youth Training Ages 6 to 12</b> Master Testa	<h2>Sunday</h2>
7:30-9:00  <b>CHOSUN MASTER &amp; INSTRUCTOR CLASS</b>  ☯  1 <sup>st</sup> Monday Of Each Month	7:00-8:00 <b>Poomsae Forms Practice</b> Grandmaster Cook	5:30-6:30 <b>All Belts</b> Master Testa	7:00-8:30 <b>Call-Out Poomsae &amp; General Review</b>  ☯ Grandmaster Cook	6:30-8:00 <b>All Belts Review Teen/Adult</b>  ☯ Grandmaster Cook	
	8:00-9:00 <b>All Belts Teen/Adult</b> Master Roche	6:30-7:30 <b>Color Belt Review (Black Belts Permitted)</b> Master N. Garrett			9:00-10:30 <b>BLACK BELT CLASS</b> Grandmaster Cook ☯ 1 <sup>st</sup> & 3 <sup>rd</sup> Sunday Of Each Month



Visit Our Web Site for Weather & Holiday Closures

**FALL / WINTER 2019 SCHEDULE**  
Effective 9/1/19 through 12/31/19

