

CHOSUN TAEKWONDO ACADEMY

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

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



Visit Our
Web Site for
Weather
&
Holiday
Closures

**WINTER / SPRING
2020 SCHEDULE**
Effective 1/1/20 through 6/30/20

