



Master Milad Bahrami's PORT MOODY TAEKWONDO

Mind • Body • Spirit

Class Schedule Effective: Feb 1st, 2022

private lessons by appointment

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:40PM - 4:25PM After-School Pick-Up Program	3:40PM - 4:25PM After-School Pick-Up Program	3:40PM - 4:25PM After-School Pick-Up Program	3:40PM - 4:25PM After-School Pick-Up Program	3:40PM - 4:25PM After-School Pick-Up Program	8:45AM - 9:30AM Make-Up Class Tigers & Youth (by appointment)	private lessons by appointment
4:30PM - 5:10PM Tigers White - Orange	4:30PM - 5:10PM Tigers White - Orange	4:30PM - 5:10PM Tigers White - Orange	4:30PM - 5:10PM Tigers White - Orange	4:30PM - 5:10PM Little Ninjas White - Orange	9:40AM - 10:20AM Little Ninjas White - Orange	
5:20PM - 6:05PM Youth Beginner White - Orange	5:20PM - 6:05PM Youth Intermediate Green - Red	5:20PM - 6:05PM Youth Beginner White - Orange	5:20PM - 6:05PM Youth Intermediate Green - Red	5:15PM - 5:55PM Little Ninjas White - Orange	10:30AM - 11:10AM Little Ninjas White - Orange	
6:15PM - 7:00PM Youth Intermediate Green - Red	6:15PM - 7:00PM Youth Beginner White - Orange	6:15PM - 7:00PM Youth Intermediate Green - Red	6:15PM - 7:00PM Youth Beginner White - Orange	6:00PM - 6:45PM Youth Beginner White - Orange	11:20AM - 12:05PM Youth Beginners White - Orange	
7:10PM - 7:55PM Youth Advanced Brown - Black	7:10PM - 7:55PM Youth Advanced Brown - Black	7:10PM - 7:55PM Youth Advanced Brown - Black	7:10PM - 7:55PM Youth Advanced Brown - Black	6:50PM - 7:35PM Youth Intermediate Green - Red	12:15PM - 1:00PM Youth Intermediate Green - Red	
8:00PM - 9:00PM Teens & Adults All Belts	8:00PM - 9:00PM Teens & Adults All Belts	8:00PM - 9:00PM Teens & Adults All Belts	8:00PM - 9:00PM Teens & Adults All Belts	7:40PM - 8:25PM Youth Advanced Brown - Black	1:10PM - 1:55PM Youth Advanced Brown - Black	
					2:00PM - 2:45PM Leadership Team	
					2:50PM - 3:50PM Olympic Sparring Team	
					4:00PM - 5:00PM Competition Patterns Team	



- Little Ninjas: Ages 4 - 6 (1x/week)
- Young Tigers: Ages 5 - 7 (2x/week, Beginners)
- Youth: Ages 7 - 13
- Make-up Class: For 2x week Students to make-up a class they missed that week (by appointment)
- Adults: Ages 14 & over
- Sparring Club: Ages 8 & up, green belt & up
- Competition Patterns Team, Leadership Team: By invitation

Are you new to Martial Arts? Call us today for your **FREE Introductory Class!**