



Cincinnati Taekwondo Center

2023 Winter Schedule

Effective 1/2/23

Little Tigers (ages 4-6)

MON 6:15-6:45 pm
TUE 4:30-5:00 pm
WED 5:15-5:45 pm
FRI 5:15-5:45 pm
SAT 11:15-11:45 am

Advanced Tigers (Instructor recommended)

MON 5:00-6:00 pm

Children's Taekwondo (white - orange belt) (ages 7-12)

MON 5:00-6:00 pm
TUE 4:00-5:00 pm
WED 5:00-6:00 pm
THU 4:00-5:00 pm
FRI 5:00-6:00 pm

Children's Taekwondo (blue - black belt rec.) (ages 7-12)

MON 4:00-5:00 pm
TUE 5:00-6:00 pm
WED 4:00-5:00 pm
THU 5:00-6:00 pm
FRI 4:00-5:00 pm

Adult/Teen Taekwondo (ages 13+)

MON 9:00-10:15 am
MON 7:00-8:15 pm
TUE 7:00-8:15 pm
WED 7:00-8:15 pm
THU 7:00-8:15 pm
FRI 9:00-10:15 am
SAT 9:00-10:00 am

Advanced Taekwondo (red - black belt) (ages 13+)

TUE 5:30-6:30 pm
THU 5:30-6:30 pm

Family Taekwondo (ages 7+)

SAT 11:30 am -12:30 pm

Sparring (all students w/ complete gear)

WED 6:00-7:00 pm

Hapkido (ages 12+ green belt+)

TUE 6:30-7:15 pm (beginner)
TUE 7:15-8:00 pm (int/adv)
THU 6:30-7:15 pm (beginner)
THU 7:15-8:00 pm (int/adv)
SAT 9:30-10:30 pm (all levels)

Gumdo (Sword) (ages 12+ green belt+)

THU 4:30-5:30 pm
SAT 10:00-11:15 am

Kimoodo (age 12+)

WED 7:00-8:00 pm
FRI 10:30-11:30 am

Striking Workout (ages 16+)

(no experience required)
MON 6:00-7:00 pm