



SCHEDULE OF LESSONS

(effective 8/15/22)

Helpful Tips:

- First lesson: arrive 10 minutes early, wear comfortable clothing and bring water for hydration.
- If you are not feeling well, please do not attend lessons. You can attend extra classes when you are better.
- Enjoy your lesson! Enjoy the time you take to practice and improve your Tae Kwon Do skills!
- Besides teaching you a great martial art and life skills, all the instructors are here to help you stay active and connected. If you have questions or need extra help, please let us know.

V: 805.644.4777 C: 805.987-3306 | www.tkd-plus.com | info@tkd-plus.com | tkdplusacademies@gmail.com

	CAMARILLO 676 E. Ponderosa Dr.		VENTURA 5912 Telegraph Rd.
MONDAY	<u>Camarillo Academy</u> 3:30 Jr. White & Yellow 4:30 Jr. Green, Blue, Purple 5:30 Brown, Red, Black (all ages)		<u>Ventura Academy</u> 3:30 Tiger Cubs 4:15 Jr. White, Yellow, and Green 5:00 Jr. Blue-Red 5:45 Black Belts (Juniors/Teens/Adults) 6:45 Specialties: (Leadership/Demo/Spar)
TUESDAY	<u>Camarillo Academy</u> 4:00 Jr. Blue & Above 5:00 Tiger Cubs 5:45 Jr. White, Yellow, Green 6:45 Adults/Teens, All Ranks		<u>Ventura Academy</u> 4:00 Jr. White, Yellow, Green, 5:00 Jr. Blue, Purple, Brown, Red 6:00 Tiger Cubs 6:45 Jr. Black , & Adults/Teens, all Ranks
WEDNESDAY	<u>Camarillo Academy</u> 4:30 Jr. Brown, Red, & Black 5:30 Jr. Green, Blue, & Purple 6:30 Teens/Adults All Ranks		<u>Ventura Academy</u> 4:00 Jr. Brown, Red, & Black 5:00 Jr. Green, Blue, Purple 6:00 Jr White/Yellow 7:00 Adults/Teens, all ranks
THURSDAY	<u>Camarillo Academy</u> 3:45 Tiger Cubs 4:30 Jr. Green thru Red 5:30 Jr. White & Yellow 6:30 Jr. Black, & Adult/Teens all ranks		<u>Ventura Academy</u> 3:45 Tiger Cubs 4:30 Jr Green, Blue, Purple 5:30 Jr. White/Yellow 6:20 Jr. Brown, Red Black 7:15 Adults/Teens all ranks
FRIDAY	<u>Camarillo Academy</u> 3:30 Tiger Cubs 4:15 Jr. White & Yellow 5:15 Jr. Green belts & Above 6:15 Adult/Teens, all ranks		<u>Ventura Academy</u> 3:30 Jr. Green Belts—Red Belts 4:30 Tiger Cubs 5:15 White & Yellow 6:15 Jr. Black Belts, Adults/Teens all ranks
SATURDAY	<u>Camarillo Academy</u> 9:00a.m. Jr. Green and Above 10:00 Adults/Teens, All Ranks 11:00 T Cubs, Jr. White & Yellow		<u>Ventura Academy</u> 8:30am Adults/Teens, All Ranks 9:30 Jr. White/Yellow/ Green 10:30 Tiger Cubs 11:15 Jr. Blue and Above