



YI CHAMPIONS TAEKWONDO ACADEMY CLASS SCHEDULE

Manassas Park Location

(Effective from June 15 to August 15, 2026)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Forms/Kicking	Sparring/Steps	O.S.S.D/Breaking	Forms/Breaking	O.S.S.D/ Team Sparring	Review
07:30 am - 06:30 pm						<ul style="list-style-type: none"> - Make Up Class - Belt Ceremony - Events - Personal Training - Private Lesson
04:40 pm - 05:25 pm	-PeeWee Class- (Age 4-6) & White to Yellow Belts 	-Sparring Class- <u>5pm – 5:50pm</u> Orange to Black Belt (6yrs or older) *Bring Sparring Equipment*	-PeeWee Class- (Age 4-6) & White to Yellow Belts 	-PeeWee Class- (Age 4-6) & White to Yellow Belts 	-Sparring Class- <u>5pm – 5:50pm</u> All Age and Belts (6yrs or older) *Bring Sparring Equipment*	
05:30pm - 06:20 pm	-Children Class- Orange to Bo Dan (7 - 12yrs) 	Bodan & All Black Belt Class <u>5:50pm – 7pm</u>	-Children Class- Orange to Bo Dan (7 - 12yrs) 	-Children Class- Orange to Bo Dan (7 - 12yrs) 	Family Class <u>5:50pm – 6:40pm</u> All Ages & All Belts 	Birthday Party Available!
06:25 pm - 07:20 pm	-Teen & Adult Class- & Family Class All Ages & All Belts 		-Teen & Adult Class- & Family Class All Ages & All Belts 	-Teen & Adult Class- & Family Class All Ages & All Belts 	-Fitness Class- (Adult Group) <u>6:40 – 7:40pm</u> 	

- Be well mannered and behave properly / Arrive 5-10 minutes early for class.
- No classes when YCTA holds a belt promotion exam, on major holidays, & when schools are closed due to weather.
- Sparring class only on Tuesday & Thursday: Please bring your sparring equipment (orange belt & higher groups)
- All students must attend current rank level class; students shouldn't attend the classes other than their level.
- BY APPOINTMENT ONLY: Private Lessons / Birthday Parties / Saturday Make-up Classes