



# YI CHAMPIONS TAEKWONDO ACADEMY CLASS SCHEDULE

Manassas Park Location

(Effective from August 17, 2026)

| Time                      | Monday                                                                                                                                               | Tuesday                                                                                                                                                | Wednesday                                                                                                                                             | Thursday                                                                                                                                     | Friday                                                                                                                                                                            | Saturday                                                                                                                                                                                        |
|---------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                           | Forms/Kicking                                                                                                                                        | Kicking/Breaking                                                                                                                                       | One-Step Self Defense                                                                                                                                 | Strength & Agility                                                                                                                           | Sparring                                                                                                                                                                          | Review                                                                                                                                                                                          |
| 07:30am – 8:30am          | BEFORE SCHOOL PROGRAM                                                                                                                                |                                                                                                                                                        |                                                                                                                                                       |                                                                                                                                              |                                                                                                                                                                                   | Saturday Make-up Class<br><br><br>10:30am – 11:30am<br><br>** Make up Class ONLY available when announced ** |
| 2:30pm – 6:00pm           | AFTERSCHOOL PROGRAM<br>(Daily Class @ 4:10pm)                                                                                                        |                                                                                                                                                        |                                                                                                                                                       |                                                                                                                                              |                                                                                                                                                                                   |                                                                                                                                                                                                 |
| 05:00 pm<br>-<br>05:45 pm | PeeWee Class<br>(Age 4-6)<br>&<br>White - Yellow<br><br>            | -Beginner Class-<br>*White and Yellow ONLY*<br><br>                   | PeeWee Class<br><br>** Age 4-6 ONLY**<br><br>                       | PeeWee Class<br>(Age 4-6)<br>&<br>White - Yellow<br><br>  | -Sparring Class-<br><u>5:00pm – 5:50pm</u><br>Orange to Black Belts<br>(6yrs or older)<br><br> |                                                                                                                                                                                                 |
| 05:50pm<br>-<br>06:35 pm  | -Children Class-<br>Orange to Bo Dan (7 - 12yrs)<br><br>           | -Sparring Class-<br>Orange to Black Belts<br>(6yrs or older)<br><br> | -Children Class-<br>Orange to Bo Dan (7 - 12yrs)<br><br>           | -Children Class-<br>Orange to Bo Dan (7 - 12yrs)<br><br> | - Private Lesson -<br>- Private Exam -                                                                                                                                            | 1:30 - 3:30 pm<br>Birthday Party<br>** BY APPOINTMENT**<br><br>                                             |
| 06:40 pm<br>-<br>07:30 pm | -Teen & Adult -<br>- Family Class-<br>* COLOR BELTS ONLY*<br><br> | -Black Belt Class-<br>1 <sup>st</sup> Dan and Higher<br><br>        | -Teen & Adult -<br>- Family Class-<br>* COLOR BELTS ONLY*<br><br> | - Family Class-<br>- Black Belt Group -<br><br>         | Fitness Class<br><u>6:40 – 7:40</u><br><br>                                                  |                                                                                                                                                                                                 |

- 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 & Friday: Please bring your sparring equipment (orange belt & higher groups)
- All students must attend the 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