



YI CHAMPIONS TAEKWONDO ACADEMY CLASS SCHEDULE

Manassas Park Location

(Effective from August 18, 2025)

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
07:30am – 9:00am	BEFORE SCHOOL PROGRAM					Saturday Make-up Group Class  10:30am – 11:30am **Make up Class ONLY available when announced**
2:30pm – 6:00pm	AFTERSCHOOL PROGRAM					
05:00 pm - 05:45 pm	PeeWee Class (Age 4-6) & White - Yellow 	-Family Class- All Ages & All Belts 	PeeWee Class (Age 4-6) & White - Yellow 	PeeWee Class (Age 4-6) & White - Yellow 	-Sparring Class- <u>5:00pm – 5:50pm</u> All Age and Belts (6yrs or older)  *Bring Sparring Equipment*	
05:50pm - 06:35 pm	-Children Class- Orange to Bo Dan (7 - 12yrs) 	-Sparring Class- All Age and Belts (6yrs or older)  *Bring Sparring Equipment*	-Children Class- Orange to Bo Dan (7 - 12yrs) 	-Children Class- Orange to Bo Dan (7 - 12yrs) 		1:30 - 3:30 pm Birthday Party 
06:40 pm - 07:30 pm	-Family Class- All Ages & All Belts 		-Family Class- All Ages & All Belts 	-Family Class- All Ages & All Belts 	Fitness Class <u>6:40 – 7:40</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