

# Adult & Teen

## Taekwondo Schedule

[www.edatkd.com](http://www.edatkd.com)



Eastern Defensive Arts Academy  
 238-9 South West End Blvd  
 Quakertown, PA 18951  
 215-536-8474

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Daytime TKD</b> <b>All Ranks</b> 11 am - 12 Noon		<b>Daytime TKD</b> <b>All Ranks</b> 11 am - 12 Noon		<b>Stamina &amp; Conditioning</b> 9:30 - 10:30 am	<b>Daytime TKD</b> Yellow - Black 11:30 am - 12:30
<b>Level 1</b> New Member - Adv Yellow 6:30 - 7:30 pm		<b>Level 1</b> New Member - Adv Yellow 6:30 - 7:30 pm			
<b>Level 2</b> Green - Red 7:30 - 8:30 pm	<b>Level 3</b> Adv Red - Black 7:00 - 8:00 pm	<b>Level 2</b> Green - Red 7:30 - 8:30 pm	<b>Level 3</b> Adv Red - Black 7:00 - 8:00 pm	<b>Stamina &amp; Conditioning</b> 6:30 - 7:30 pm	

**Level 1:** Attends Level 1 class. May attend Friday AM and PM. Yellow belts may attend Saturday class.

**Level 2:** May attend the required Level 2 classes. May attend Friday & Saturday class.

**Level 3:** May attend the required Level 3 class as well as all other classes.

**Friday Martial Stamina & Conditioning:** Mixed class for all EDA members, both fitness kickboxing and TKD. Wear regular workout clothes. Taekwondo pants and tee shirt are OK. Shoes are recommended but not required.

**NO BLACK SOLED SHOES!**

Level 1		Level 2		Level 3	
White		Green		Adv Red	
Adv White		Adv Green		Black	
Yellow		Blue			
Adv Yellow		Adv Blue			
		Red			