



Providing Understanding and Respect for Everyone

PURE Taekwondo Center

Training Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Green & Blue Belt 4:00 - 4:30		White & Yellow Belt 4:00 - 4:30			CORE Poomsae 8:30 - 9:30
White & Yellow Belt 4:30 - 5:00	Green & Under 4:15 - 5:00	Green & Blue Belt 4:30 - 5:00	All Belts 4:15 - 5:00	All Belts 4:30 - 5:15	CORE Sparring 9:30 - 11:00
Little Ninjas 5:00 - 5:30	Little Ninjas 5:00 - 5:30	Little Ninjas 5:00 - 5:30	Little Ninjas 5:00 - 5:30	Advanced Class 5:15 - 6:00	ALL Belts 11:00 - 11:45
Red & Black Belt 5:30 - 6:15	Blue & Up 5:30 - 6:15	Red & Black Belt 5:30 - 6:15	Basic Sparring 5:30 - 6:15	Leadership* 6:00 - Until	Black Belt 11:45 - 12:30
Teen & Adult (14 yrs & Older) 6:15 - 7:00	Black Belt 6:15 - 7:00	Teen & Adult (14 yrs & Older) 6:15 - 7:00	CORE Sparring 6:15 - 7:15		
CORE Poomsae 7:00 - 8:00	CORE Sparring 7:00 - 8:00	CORE Poomsae 7:00 - 8:00			

WHAT CLASS CAN I TAKE?

- White & Yellow**– High Yellow belts and under
- Green Belt**– Green and high green belts
- Blue Belt**– Blue and high blue belts
- Red Belts**– Red and high red belts
- Black Belt**– High red and black belts
- Little Ninjas**– 4-6 years old
- Teen & Adult Class**– 14 years and older
- Core Poomsae**– Competition poomsae only
- Core Sparring**– Competition sparring only
- Advanced Sparring**– advanced sparring techniques. w/Master Posey's permission
- Basic Sparring**– Yellow belt and higher 6yrs and older intro into sparring techniques
- Advance Class**– Blue belt and higher OR 12 years and older. Weapons, Poomsae, ETC.
- Leadership**– Leadership only
*every other Friday

Don't forget to arrive to class early to make sure you're on time and prepared!

Don't forget, PURE offers birthday parties! Be sure to see the office or Master Posey for more information!



EFFECTIVE March 18th, 2019