








# Xcel Taekwondo Schedule

September 1st - July 1st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kids Intermediate/Advanced 4-5pm	Kids All Ranks 4-5pm	Kids All Ranks 4-5pm	Lil Dragons 4-4:45		XST 9-10am	
Lil Dragon's 5:15-6pm	XST 5-6pm	Lil Dragons 5-5:45pm	Kids Novice 4:45-5:45		Lil' Dragons 10-10:45am	
Kids Novice 6-7pm	Competition Team Training 6-7pm	XST 6-7pm	Kids Intermediate/Advanced 6-7pm		Kids All Ranks 11am-12pm	
Teen & Adult 7-8pm	Teen & Adults 7-8pm	Teen & Adult 7-8pm	Teen & Adult 7-8pm		Competition Team Training 12-2pm	

-  - Lil Dragons
-  - Kids Novice (white - orange belt)
-  - Kids Intermediate/Advanced (green belt & up)
-  - Kids All Ranks
-  - Teens & Adults
-  - XST Training
-  - Competition Team Training

**Taekwondo Program** - Students are able to attend 2 classes per week. Students will need at least 8 classes a month in order to be eligible for belt testing. Make-up classes will need to be made up by scheduling with the instructors. (Shorter months due to holiday's/etc., students will be allowed to attend an extra class a week to help make their 8 classes a month....this will be listed in that months newsletter.)

**“XST” Training** - Open only to those students enrolled in the “XST” Program.

**Competition Team Training** - Open only to our selected team members.

Summer schedule and class passes will be available in May.