

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY****12:00PM-12:45PM****Adults**  
*All Belt***12:00PM-12:45PM****Adults**  
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*All Belt***12:00PM-12:45PM****Adults**  
*All Belt***Private Lessons***By Appointment***Intro Class***By Appointment***1:00PM-1:45PM****Youth Intermediate**  
*Green-Red***1:00PM-1:45PM****Youth Intermediate**  
*Green-Red***1:00PM-1:45PM****Youth Intermediate**  
*Green-Red***1:00PM-1:45PM****Youth Intermediate**  
*Green-Red***Private Lessons***By Appointment***10:00AM-10:45AM****Young Tigers Intro**  
*White Belt Only***2:00PM-2:45PM****Youth Advanced**  
*Brown-Black***2:00PM-2:45PM****Youth Advanced**  
*Brown-Black***2:00PM-2:45PM****Youth Advanced**  
*Brown-Black***2:00PM-2:45PM****Youth Advanced**  
*Brown-Black***Private Lessons***By Appointment***11:00AM-11:45AM****Youth**  
*All Belt***3:00PM-3:45PM****Young Tigers**  
*White-Yellow***3:00PM-3:45PM****Young Tigers**  
*White-Yellow***3:00PM-3:45PM****Young Tigers**  
*White-Yellow***3:00PM-3:45PM****Young Tigers**  
*White-Yellow***3:00PM-3:45PM****Young Tigers**  
*White-Yellow***12:00PM-12:45PM****Taekwondo Plus**  
*Specialized Program***4:00PM-4:45PM****Young Dragons**  
*Orange and Up***4:00PM-4:45PM****Young Dragons**  
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*Orange and Up***4:00PM-4:45PM****Young Dragons**  
*Orange and Up***5:00PM-5:45PM****Youth Beginner**  
*White-Orange***5:00PM-5:45PM****Youth Beginner**  
*White-Orange***5:00PM-5:45PM****Youth Beginner**  
*White-Orange***5:00PM-5:45PM****Youth Beginner**  
*White-Orange***5:00PM-5:45PM****Youth Beginner**  
*White-Orange***6:00PM-6:45PM****Youth Intermediate**  
*Green-Red***6:00PM-6:45PM****Youth Intermediate**  
*Green-Red***6:00PM-6:45PM****Youth Intermediate**  
*Green-Red***6:00PM-6:45PM****Youth Intermediate**  
*Green-Red***6:00PM-6:45PM****Youth Intermediate**  
*Green-Red***7:00PM-7:45PM****Youth Advanced**  
*Brown-Black***7:00PM-7:45PM****Youth Advanced**  
*Brown-Black***7:00PM-7:45PM****Youth Advanced**  
*Brown-Black***7:00PM-7:45PM****Youth Advanced**  
*Brown-Black***7:00PM-7:45PM****Youth Advanced**  
*Brown-Black***8:00PM-8:45PM****Adult**  
*All Belt***8:00PM-8:45PM****Adult**  
*All Belt***8:00PM-8:45PM****Adult**  
*All Belt***8:00PM-8:45PM****Adult**  
*All Belt***8:00PM-8:45PM****Adult**  
*All Belt***MASTER TONY KOOK'S**  
**NORTH SHORE**  
**TAEKWONDO****CLASS SCHEDULE***EFFECTIVE JUNE 2020**PASSION PURPOSE PRACTICE*Students may only attend **2 live classes per week**  
AND unlimited online **zoom** classes!**CONTACT US**  
**TODAY!**

TO RESERVE YOUR SPOT

**604-986-5558** [info@northshoretakwondo.com](mailto:info@northshoretakwondo.com) [www.VancouverMartialArts.ca](http://www.VancouverMartialArts.ca) [@masterkooktaekwondo](https://www.instagram.com/masterkooktaekwondo) [North Shore Taekwondo](https://www.facebook.com/NorthShoreTaekwondo)**Young Tigers Intro:** Age 4yrs, 1X/Week, White Belt Only.**Young Tigers:** Age 5-7yrs, 2X/Week, *Beginner Class***Young Dragons:** Age 10 & Under, *Advanced Class***Youth:** Age 7-13**Adult:** Age 14 & Above**Taekwondo Plus:** Special Needs Program