



DIMA WEEKLY CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 - 10:30 (Morning Class)		Taekwondo (ages 8+)		Taekwondo (ages 8+)	
4:30 - 5:15	Little Ninjas	Little Ninjas Taekwondo: Beginners	Little Ninjas Taekwondo: Beginners	Little Ninjas Taekwondo: Beginners & Intermediate	Tiny Tigers
5:30 - 6:30	Taekwondo: Beginners & Intermediate	Taekwondo: Beginners & Intermediate	Taekwondo: Beginners & Intermediate	Sparring: Intermediate	Sparring: Advanced (Purple, brown, red, poomdan, black)
6:30 - 7:30	Hapkido	Taekwondo: Advanced	Sparring: Little Ninjas & Beginners	Hapkido	

*Classes are organized by age and belt level:

- **Tiny Tigers (Ages 3-4)**
 - **Little Ninjas (Ages 5-7)**
 - **Taekwondo (Ages 8+)**
 - **Hapkido (Ages 13+)**
- Belt Levels:**
- **Beginners:** White, Yellow, Orange
 - **Intermediate:** Green, Blue, Purple, Brown
 - **Advanced:** Red, Poomsae Black, Black Belt

If you ever need a schedule adjustment, just reach out. DIMA is flexible and committed to helping you stay consistent on your path to Black Belt. Our schedule is built to give families more options, and students of all levels train together to grow as a team.