



	MON	TUES	WED	THUR	FRI	SAT	SUN
11:00am ~ 12:00pm		Adult		Adult			10:30am ~ 12:00pm
2:50pm ~ 3:55pm	GTAA Athletes Only				3:50pm ~ 4:20pm Poomsae Extra Class	10:00am ~ 12:00pm GTD Only	GTAA Electronic Sparring
4:00pm ~ 4:40pm	Bucket List Class Only		Bucket List Class Only				
4:40pm ~ 5:20pm	White Belt Only	Little Kids Only	White Belt Only	Little Kids Only	4:30pm ~ 5:20pm GTF Only	1:30pm ~ 3:30pm GTAA Olympic Sparring	1:30pm ~ 3:30pm GTAA Sport Poomsae
5:20pm ~ 6:10pm	Beginners Belt	Advances Belt	Beginners Belt	Advances Belt	5:20pm ~ 6:10pm GTAA PT		4:00pm ~ 7:00pm Spanish Language & TKD
6:10pm ~ 7:10pm	JR. Black & Black Belt	Black Belt Only	JR. Black & Black Belt	Black Belt Only			
7:10pm ~ 8:10pm	Adult				6:20pm ~ 7:30pm GTS Only		
8:10pm ~ 9:10pm	Senior Team Class	Judo Class	Senior Team Class	Judo Class			

Little Kid class Age 4 ~ 6 years only

White Belt class Age 7 ~ 12 years only

Beginners (Yellow, Orange and Green Belt) Age 7 ~12 years only

Advances (Purple, Blue, Brown and Red Belt) Age 7 ~12 years only

7:10pm Adult Age 13 years up Only

11:00am Adult Age 18 years up Only

Judo class Age 13 years up Only

Bucket List Class Age 60 years up or For only Adult has serious injuries

Friday Poomsae Extra Class for all belt and Age

GTF (Team G Force Poomsae Team) Only For Team Members

GTS (Team G Force Sparring Team) Only For Team Members

GTD (Team G Force Demonstration Team) Only For Team Members

GTAA (Team G Force Athletes Association) Only For GTAA Memberts