

	MON	TUES	WED	THUR	FRI	SAT	SUN
9:30am ~ 11:00am	GTAA Pro Athlets					Open Mat Only For Poomsae Practice 10:00am ~ 12:00pm	Open Mat Only For Sparring Practice 10:00am ~ 12:00pm
10:00am ~ 11:00am	Yoga						
2:30pm ~ 4:00pm	GTAA Pro Athletes						
3:10pm ~ 4:00pm	GTAA Elite Team				4:00pm~ 5:30pm GTAA Poomsae	10:00am~ 12:00am GTAA Elite Poomsae	10:00am ~ 12:00pm GTAA Elite Sparring
4:30pm ~ 5:20pm	Beginner Belt	Little Kids Only	Beginner Belt	Little Kids Only			
5:20pm ~ 6:10pm	Intermediate Belt And Up	Advances Belt And Up	Intermediate Belt And Up	Advances Belt And Up		1:00pm ~ 5:00pm WUT Sparring	
6:10pm ~ 7:00pm	JR. Black Belt Only	Family All Belt	JR. Black Belt Only	Family All Belt	5:30pm~ 7:00pm GTAA Sparring		
7:00pm ~ 7:50pm	Adult All Belt	Black Belt Only	Adult All Belt	Black Belt Only			
7:00pm ~ 8:30pm	GTAA Pro Athletes						

Little Kid class Age 4 ~ 6 years only

Beginners ( White, Yellow and Orange Belt ) Age 7 years to 11 years old

Intermediate ( Green, Purple and Blue Belt ) Age 7 years 11years old

Advances ( Brown, Red and Jr.Black Belt ) All Age

Adult Age 12 years up Only

Family ( Adult + Kid Only ) All Age and belt

Open Mat use for only training your own

Yoga Class is separate membership

**GTAA ( Team G Force Athletes Association ) Only For GTAA Members**