

Online schedule

Ahn's Taekwondo Academy of Plansboro, NJ

(Effective date: 1/4/2021)

Time/Day	Mon	Tues	Wed	Thu	Fri
4:00- 4:30	High	High	Low to Mid	Star-Black	High
4:30-4:40	10Min:BBC/LC/IC/MC OPTION				
4:40-5:10	High	Low to Mid	Star-Black	High	LT
5:10-5:20	10Min:BBC/LC/IC/MC OPTION				
5:20-5:50	Low to Mid	LT	High	LT	Low to Mid
5:50- 6:00	10Min:BBC/LC/IC/MC OPTION				
6:00-6:30	LT	none	LT	none	Star-Black
6:30-6:40	10Min:BBC/LC/IC/MC OPTION				
6:40-7:10	High	Star-Black	High	Low to Mid	High
7:10-7:20	10Min:BBC/LC/IC/MC OPTION				
7:20-7:50	Star-Black	High	Low to Mid	High	none
7:50-8:00	10Min:BBC/LC/IC/MC OPTION				
8:00-8:30	Teens/Adults	High	Teens/Adults	STORM	DEMO
8:30-8:40	10Min:BBC/LC/IC/MC OPTION				

Basic Plus members may take 2 classes per week.

Little Tiger, Black Belt Club and Leadership Club members may take unlimited classes per week. (Up to 1 class per day only)

Low to Mid, High, and All classes are 30 minutes each, followed by a 10-minute option class. (for sparring, Weapons, or self-defence). Little Tiger classes are 30 minutes each.

Classes Types

LT: Litter Tiger. Open to Little Tiger members (age 3.5-6) only. (Little Tigers may ONLY take Little Tiger classes.)

Low to Mid: Low to Mid belt class. Open to White, Yellow stripe, Yellow, Orange, Green, Blue, Purple belt And Junior Black Stars and Black Belts doing Basic Motion 1,2,3,4 and 5.

High Belt: High Belt class. Open to Brown, Red, and Junior Black blets and Junior Black Stars and Black Belts doing Basic Motion 6,7 and 8.

Star-Black: Open to Junior Black Stars and Black Belts only.

Teen/Adult: Open to ages 12 and up.

Storm: Leadership training class. Open to members of STORM only. Mandetory class.