

Onsite schedule

Ahn's Taekwondo Academy of Plansboro, NJ

(Effective date: 1/4/2021)

Time/Day	Mon	Tues	Wed	Thu	Fri
4:30- 5:10	Low to Mid	none	All	none	Low to Mid
5:10-5:20	10Min:BBC/LC/IC/MC OPTION				
5:20-5:40	Cleaning				
6:00-6:30		LT		LT	
5:40-6:20	All	none	Low to Mid	none	All
6:20-6:30	10Min:BBC/LC/IC/MC OPTION				
6:30-6:50	Cleaning				
6:50-7:30	All	none	All	none	
7:30-7:40	10Min:BBC/LC/IC/MC OPTION				
7:40-8:00	Cleaning				

Students may take attend up to 2 onsite classes per week. A full schedule of online classes is still available. Students may not take an onsite class and online class in the same day.

Safety is our first priority. **Therefore, any students displaying symptoms of illness will be sent home immediately. Masks must be worn and social distancing guidelines followed at all times.** Students who do not follow these rules will also be sent home.

Classes must be scheduled in advance on Calendly. There is a strict maximum of 6 of students per class, No exceptions.

Low to Mid, High, and All classes are 30 minnutes 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, Junior Black blets, Junior Black Stars and Black Belts doing Basic Motion 6,7 and 8.

All: open to all ages and belts (except Little Tigers).

Teen/Adult: Open to ages 12 and up.