



133B Glen Ridge Avenue
 Montclair, NJ 07042
 973-744-1666 GlenRidgeTKD.com

2015 Summer Schedule Effective 6/29-8/30

Mighty Lions (ages 4-6)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginners (white & yellow stripe)	4:30-5:00 5:50-6:20	4:30-5:00 5:50-6:20	4:30-5:00 5:50-6:20	4:30-5:00 5:50-6:20	4:30-5:00 5:50-6:20	8:30-9:00am 9:05-9:35am
Advanced (green, blue & red stripe)	5:05-5:45 5:50-6:20	5:05-5:45 5:50-6:20	5:05-5:45 5:50-6:20	5:05-5:45 5:50-6:20	5:05-5:45 5:50-6:20	8:30-9:00am 9:40-10:20am
All Mighty Lions	5:50-6:20	5:50-6:20	5:50-6:20	5:50-6:20	5:50-6:20	8:30-9:00am

Juniors (age 7-14)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White & Yellow Belts	4:40-5:25 6:30-7:15 7:10-7:55	4:40-5:25 6:30-7:15 7:10-7:55	4:40-5:25 6:30-7:15 7:10-7:55	4:40-5:25 6:30-7:15 7:10-7:55	4:40-5:25 6:30-7:15 7:10-7:55	8:30-9:15am 9:20-10:05am
Green & Blue Belts	5:30-6:15 6:30-7:15 7:10-7:55	5:30-6:15 6:30-7:15 7:10-7:55	5:30-6:15 6:30-7:15 7:10-7:55	5:30-6:15 6:30-7:15 7:10-7:55	5:30-6:15 6:30-7:15 7:10-7:55	8:30-9:15am 10:10-10:55am
Red Belts	9:00-9:45am 6:20-7:05 7:10-7:55	6:20-7:05 7:10-7:55	6:20-7:05 7:10-7:55	6:30-7:15 7:10-7:55	6:20-7:05 7:10-7:55	8:30-9:15am 10:30-11:15am
Black Belts	9:00-9:45am 6:20-7:05 7:10-7:55	6:20-7:05 7:10-7:55	6:20-7:05 7:10-7:55	6:20-7:05 7:10-7:55	6:20-7:05 7:10-7:55	8:30-9:15am 10:30-11:15am
Adults & Juniors (Family Class)	7:10-7:55	7:10-7:55	7:10-7:55	7:10-7:55	7:10-7:55	8:30-9:15am

Adults (age 15 & up)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adults (All Belts)	9:00-9:45am 7:10-7:55pm 8:00-8:45pm	9:00-9:45am -- 7:10-7:55pm	-- 7:10-7:55pm 8:00-8:45pm	9:00-9:45am 7:10-7:45pm	9:00-9:45am 7:10-7:45pm	8:30-9:15am 11:00-11:45am
Adult Black Belts	9:00-9:45am 7:10-7:55pm 8:00-8:45pm	9:00-9:45am 7:10-7:55pm 8:00-8:45pm	-- 7:10-7:55pm 8:00-8:45pm	9:00-9:45am 7:10-7:55pm	9:00-9:45am 7:10-7:55pm	8:30-9:15am 11:00-11:45am
Adults & Juniors (Family Class)	7:10-7:55pm	7:10-7:55pm	7:10-7:55pm	7:10-7:55pm	7:10-7:55pm	8:30-9:15am

Classes in **red** are sparring and sparring skills classes.