

Sky Taekwondo Sherwood Park  
 #945, 3890 Sherwood Drive SW  
 Sherwood Park  
[www.skytaekwondo.ca](http://www.skytaekwondo.ca)



Effective from Monday, January 6, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
4:45 - 5:30 Children Beginner <b>No Belt</b> - Yellow	4:45 - 5:30 Children I. Orange - Blue	4:45 - 5:30 Children Beginner <b>No Belt</b> - Yellow	5:15 - 6:00 Children Beginner <b>No Belt</b> - Yellow	4:45 - 5:15 Little Sky Ages 3 <sup>1/2</sup> to 5
5:35 - 6:05 Little Sky Ages 3 <sup>1/2</sup> to 5	5:35 - 6:20 Children A. Purple - Red	5:35 - 6:05 Little Sky Ages 3 <sup>1/2</sup> to 5	6:00 - 6:45 Children I. A Orange - Red	5:20 - 6:05 Open Beginner <b>No Belt</b> - Yellow
6:10 - 6:55 <b>No Belt</b> - Black Cardio & Kicking Techniques Extra Help: 15 min. if needed.	6:25 - 7:10 Open B. I. <b>No Belt</b> - Orange	6:10 - 6:55 <b>No Belt</b> - Black Cardio & Kicking Techniques Extra Help: 15 min. if needed.	6:45 - 7:30 Open B. I. <b>No Belt</b> - Orange	6:10 - 6:55 Open I. A. Orange - Black
7:15 - 8:00 Open I. A. Green - Black	7:15 - 8:05 Open I. A. Green - Black	7:15 - 8:00 Open I. A. Green - Black	7:30 - 8:15 Open I. A. Green - Black	Sparring Continues 7:00 - 7:30

< No Belt – White – Yellow – Orange – Green – Blue – Purple – Brown – Red – Black Stripe (1,2,3,4) – Black >

Note:

1. B. (Beginner) / I. (Intermediate) / A. (Advanced)
2. Open Class means “No Age Barrier” Class but requires an assessment from a Master.
3. Email [skytkd.sherwoodpark@gmail.com](mailto:skytkd.sherwoodpark@gmail.com) for any class, and general concerns.
4. Email [skytaekwondo.manager@gmail.com](mailto:skytaekwondo.manager@gmail.com) for membership questions.