

Virginia TaeKwonDo Academy

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		4:15 CUBS 5:00 BLUE-BLACK BELTS 6:00 WHITE/YELLOW 7:00 ADULT TKD	4:15 CUBS 6:00 GREEN BELTS 5:00 advance BJJ 6:00 beginner BJJ 7:00 adult BJJ	7:00 ADULT TKD 5:00 beginner BJJ 6:00 advance BJJ	9:30 WHITE/YELLOW 10:30 GREEN BELTS 11:30 BLUE-BLACK BELTS
6	7	8	9	10	11
4:15 CUBS 5:00 WHITE/YELLOW 6:00 BLUE-BLACK BELTS 7:00 ADULT TKD	4:15 CUBS 5:00 GREEN BELTS 5:00 beginner BJJ 6:00 advance BJJ 7:00 adult BJJ	4:15 CUBS 5:00 BLUE-BLACK BELTS 6:00 WHITE/YELLOW 7:00 ADULT TKD	4:15 CUBS 6:00 GREEN BELTS 5:00 advance BJJ 6:00 beginner BJJ 7:00 adult BJJ	7:00 ADULT TKD 5:00 beginner BJJ 6:00 advance BJJ	9:30 WHITE/YELLOW 10:30 GREEN BELTS 11:30 BLUE-BLACK BELTS
13	14	15	16	17	18
4:15 CUBS 5:00 WHITE/YELLOW 6:00 BLUE-BLACK BELTS 7:00 ADULT TKD	4:15 CUBS 5:00 GREEN BELTS 5:00 beginner BJJ 6:00 advance BJJ 7:00 adult BJJ	4:15 CUBS 5:00 BLUE-BLACK BELTS 6:00 WHITE/YELLOW 7:00 ADULT TKD	4:15 CUBS 6:00 GREEN BELTS 5:00 advance BJJ 6:00 beginner BJJ 7:00 adult BJJ	7:00 ADULT TKD 5:00 beginner BJJ 6:00 advance BJJ	9:30 WHITE/YELLOW 10:30 GREEN BELTS 11:30 BLUE-BLACK BELTS
20	21	22	23	24	25
4:15 CUBS 5:00 WHITE/YELLOW 6:00 BLUE-BLACK BELTS 7:00 ADULT TKD	4:15 CUBS 5:00 GREEN BELTS 5:00 beginner BJJ 6:00 advance BJJ 7:00 adult BJJ	4:15 CUBS 5:00 BLUE-BLACK BELTS 6:00 WHITE/YELLOW 7:00 ADULT TKD	4:15 CUBS 6:00 GREEN BELTS 5:00 advance BJJ 6:00 beginner BJJ 7:00 adult BJJ	7:00 ADULT TKD 5:00 beginner BJJ 6:00 advance BJJ	9:30 WHITE/YELLOW 10:30 GREEN BELTS 11:30 BLUE-BLACK BELTS 12:45 UFC EVENT
27	28				
4:15 CUBS 5:00 WHITE/YELLOW 6:00 BLUE-BLACK BELTS 7:00 ADULT TKD	4:15 CUBS 5:00 GREEN BELTS 5:00 beginner BJJ 6:00 advance BJJ 7:00 adult BJJ				

February 2023