

Virginia TaeKwonDo Academy

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 4:15 CUBS 5:00 WHITE/YELLOW 6:00 BLUE-BLACK BELTS 7:00 ADULT TKD	3 4:15 CUBS 5:00 GREEN BELTS 5:00 beginner BJJ 6:00 advance BJJ 7:00 adult BJJ	4 4:15 CUBS 5:00 BLUE-BLACK BELTS 6:00 WHITE/YELLOW 7:00 ADULT TKD	5 4:15 CUBS 6:00 GREEN BELTS 5:00 advance BJJ 6:00 beginner BJJ 7:00 adult BJJ	6 7:00 ADULT TKD 5:00 beginner BJJ 6:00 advance BJJ	7 9:30 WHITE/YELLOW 10:30 GREEN BELTS 11:30 BLUE-BLACK BELTS
9 4:15 CUBS 5:00 WHITE/YELLOW 6:00 BLUE-BLACK BELTS 7:00 ADULT TKD	10 4:15 CUBS 5:00 GREEN BELTS 5:00 beginner BJJ 6:00 advance BJJ 7:00 adult BJJ	11 4:15 CUBS 5:00 BLUE-BLACK BELTS 6:00 WHITE/YELLOW 7:00 ADULT TKD	12 4:15 CUBS 6:00 GREEN BELTS 5:00 advance BJJ 6:00 beginner BJJ 7:00 adult BJJ	13 7:00 ADULT TKD 5:00 beginner BJJ 6:00 advance BJJ	14 9:30 WHITE/YELLOW 10:30 GREEN BELTS 11:30 BLUE-BLACK BELTS
16 4:15 CUBS 5:00 WHITE/YELLOW 6:00 BLUE-BLACK BELTS 7:00 ADULT TKD	17 4:15 CUBS 5:00 GREEN BELTS 5:00 beginner BJJ 6:00 advance BJJ 7:00 adult BJJ	18 4:15 CUBS 5:00 BLUE-BLACK BELTS 6:00 WHITE/YELLOW 7:00 ADULT TKD	19 4:15 CUBS 6:00 GREEN BELTS 5:00 advance BJJ 6:00 beginner BJJ 7:00 adult BJJ	20 7:00 ADULT TKD 5:00 beginner BJJ 6:00 advance BJJ	21 9:30 WHITE/YELLOW 10:30 GREEN BELTS 11:30 BLUE-BLACK BELTS
23 4:15 CUBS 5:00 WHITE/YELLOW 6:00 BLUE-BLACK BELTS 7:00 ADULT TKD	24 4:15 CUBS 5:00 GREEN BELTS 5:00 beginner BJJ 6:00 advance BJJ 7:00 adult BJJ	25 4:15 CUBS 5:00 BLUE-BLACK BELTS 6:00 WHITE/YELLOW 7:00 ADULT TKD	26 4:15 CUBS 6:00 GREEN BELTS 5:00 advance BJJ 6:00 beginner BJJ 7:00 adult BJJ	27 7:00 ADULT TKD 5:00 beginner BJJ 6:00 advance BJJ	28 9:30 WHITE/YELLOW 10:30 GREEN BELTS 11:30 BLUE-BLACK BELTS
30 4:15 CUBS 5:00 WHITE/YELLOW 6:00 BLUE-BLACK BELTS 7:00 ADULT TKD	31 4:15 CUBS 5:00 GREEN BELTS 5:00 beginner BJJ 6:00 advance BJJ 7:00 adult BJJ				

January 2023