



# NORTHERN TAEKWON-DO ACADEMY

Rear - 1430 Johnston Rd, White Rock, BC  
778.294.6889 Cell: 604-788-6914



Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tkd Kids Program 4 & 5 yrs	5:00 - 5:30	5:00 -5:30	5:00 -5:30	5:00 -5:30			
Ages 6-12 yrs	6:00 - 6:55	6:00 - 6:55	6:00 - 6:55	6:00 - 6:55			
Ages 13 to Adults	7:00 - 8:00	7:00 - 8:00	7:00 - 8:00	7:00 - 8:00			
Black Belt Training	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00			
Mixed Classes						11:00- 1:00	

**Email:** [mbarker@northerntaekwondo.com](mailto:mbarker@northerntaekwondo.com)

[www.northerntaekwondo.com](http://www.northerntaekwondo.com)

