

Lone Star Institute of Taekwondo

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 – Noon						Open Sparring (All Belts)
Noon – 1:00	Daytime Class (All Belts)		Daytime Class (All Belts)		Daytime Class (All Belts)	Open Floor (All Belts)
5:30 – 6:00	Little Ninjas (3-5 years old)		Little Ninjas (3-5 years old)			
6:00 – 6:50	Beginner Class (White-Orange)	Beginner Class (White-Orange) Sport Team Practice	Beginner Class (White-Orange)	Beginner Class (White-Orange) Sport Team Practice	Conditioning Class (All Belts)	
6:50 – 7:40	Intermediate Class (Orange-Purple)	Intermediate Class (Orange-Purple)	Intermediate Class (Orange-Purple)	Sparring Techniques (Orange-Black)		
7:40 – 8:30	Advanced Class (Brown-Black)	Advanced Class (Brown-Black)	Advanced Class (Brown-Black)	Sparring Class (All Belts)		

Schedule of Classes

1541 S. Bowen Road Pantego, TX 76013

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