

JEONG'S FAMILY TAEKWONDO NIAGARA FALLS

FALL 2026 CLASS SCHEDULE | EFFECTIVE SEPTEMBER 8, 2026 | 3930 Montrose Rd. Unit 3, Niagara Falls, ON L2H 3C9



LITTLE TIGERS

AGES 3-5 | ALL BELTS

MONDAY

4:45 - 5:15

TUESDAY

5:30 - 6:00

WEDNESDAY

5:30 - 6:00

THURSDAY

FRIDAY

5:30 - 6:00

SATURDAY

CHILDREN'S CLASS | AGES 6-12

BELT LEVEL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



White Belt

5:15 - 6:00

4:00 - 4:45

6:00 - 6:45

6:45 - 7:30

9:30 - 10:15



Yellow - Yellow Stripe

5:15 - 6:00

4:00 - 4:45

6:00 - 6:45

6:45 - 7:30

9:30 - 10:15



Orange - Orange Stripe

6:00 - 6:45

6:45 - 7:30

4:45 - 5:30

4:45 - 5:30

10:15 - 11:00



Green - Green Stripe

4:45 - 5:30

6:45 - 7:30

5:15 - 6:00

6:00 - 6:45

10:15 - 11:00



Blue - Blue Stripe

4:45 - 5:30

6:45 - 7:30

5:15 - 6:00

6:00 - 6:45

11:00 - 11:45



Brown - Red Stripe

6:45 - 7:30

7:30 - 8:15

7:30 - 8:15

4:30 - 5:15

11:00 - 11:45

CHILDREN'S SPARRING
Orange Belt and Higher

6:05 - 6:50

FAMILY CLASS

Must be a member and immediate family to attend this class.

BELT LEVEL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

ALL BELTS

6:00 - 6:45

11:45 - 12:30

TEEN / ADULT CLASS

AGES 13+ | ALL BELTS

BELT LEVEL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

ALL BELTS

8:15 - 9:00

8:15 - 9:00

8:15 - 9:00

8:15 - 9:00

1:15 - 2:00

SPARRING

7:40 - 8:25



BLACK BELT CLASSES

BELT LEVEL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

LOW - 1st Degree Non to 4th Gup

7:30 - 8:15

4:00 - 4:45

6:50 - 7:35

7:30 - 8:15

12:30 - 1:15

HIGH - 1st Degree 3rd Gup to 2nd Degree+

7:30 - 8:15

4:00 - 4:45

6:50 - 7:35

7:30 - 8:15

12:30 - 1:15



A+ AFTERSCHOOL PROGRAM

MONDAY-FRIDAY | 2:30 PM-6:00 PM

1. Pickup from School
3. Snack
5. Academic Lessons

2. Taekwondo Class
4. Homework Done
6. 6:00 PM Pickup

WHY SPARRING MATTERS



Respond calmly with confidence
Build courage and resilience
Prepare for black belt testing

BIRTHDAY PARTIES



Board Breaking • Games • Party

SEE FRONT DESK

STAY CONNECTED

905-401-KICK (5425)

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jeongsfamilytaekwondo

SCAN FOR EVERYTHING



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SCAN WITH YOUR PHONE

RESPECT • DISCIPLINE • CONFIDENCE • FOCUS • LEADERSHIP

#JEONGSFAMILYTKD