



JEONG'S FAMILY TAEKWONDO - ST.CATHARINES (SOUTH)

BEHIND PENDALE PLAZA - FALL/WINTER 2026-27 SCHEDULE

210 GLENDALE AVE. #A18 ST.CATHARINES ON. L2T 3Y6.

(905) 322 - 2000

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (AM)
Little Tigers (White & Yellow)	5:00 - 5:30	5:30 - 6:00			4:15 - 4:45	10:00 - 10:30
Little Tigers (OR,GR, BL, Red)	5:00 - 5:30	5:30 - 6:00	5:30 - 6:00		4:15 - 4:45	9:30 - 10:00
CHILDREN'S PROGRAM (AGES 6 -12)						
Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (AM)
White	6:15 - 7:00	4:45 - 5:30	6:00 - 6:45	4:00 - 4:45		10:30 - 11:15
Yellow	6:15 - 7:00	4:45 - 5:30	6:00 - 6:45	4:00 - 4:45	5:30 - 6:15	10:30 - 11:15
Yellow Stripe	5:30 - 6:15	4:45 - 5:30		4:00 - 4:45	5:30 - 6:15	10:30 - 11:15
Orange - Orange ST	5:30 - 6:15	6:00 - 6:45		4:45 - 5:30	5:30 - 6:15	11:15 - 12:00
Green	5:30 - 6:15	6:00 - 6:45	4:00 - 4:45	4:45 - 5:30		11:15 - 12:00
Green ST		6:00 - 6:45	4:00 - 4:45	4:45 - 5:30	4:45 - 5:30	11:15 - 12:00
Blue - Blue ST	7:00 - 7:45	4:00 - 4:45	6:45 - 7:30		4:45 - 5:30	12:00 - 12:45
Brown	7:00 - 7:45		6:45 - 7:30	5:30 - 6:15	4:45 - 5:30	12:00 - 12:45
Red	7:00 - 7:45	4:00 - 4:45	6:45 - 7:30	5:30 - 6:15		12:00 - 12:45
Red Stripe	7:00 - 7:45	4:00 - 4:45	6:45 - 7:30	5:30 - 6:15		12:00 - 12:45
Sparring (Children)				6:20 - 7:05		
Family Class (Min. 6 Years Old)	4:15 - 5:00				6:15 - 7:00	
TEEN & ADULT (AGES 13 & UP)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (AM)
ALL BELTS	7:45 - 8:30	7:30 - 8:15	7:30 - 8:15	7:50 - 8:35	7:05 - 7:50 (Sparring)	12:45 - 1:30
Black Belt						
Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (AM)
Black Belts	7:45 - 8:30 (Teen/Adult Only)	6:45 - 7:30	4:45 - 5:30	7:05 - 7:50		12:45 - 1:30

BIRTHDAY PARTIES!

We can host a World Class Party for your child & guests. Ask office for details!



For Jeong's Family Events/Holidays/ Snow Days/Testing Closures - Follow us on:



www.facebook.com/jeongsfamilytaekwondo



Follow us on: Instagram!

@jeongsfamilytkd #jeongsfamilytkd



email: jeongsfamilytkd@gmail.com

****This schedule will be starting from: Tuesday September 08 ****