



SCHEDULE CHANGE

EFFECTIVE JUNE 20, 2022

New schedule will begin on Monday, June 20, 2022.

The 3:15pm and 7:00pm classes have been eliminated due to lack of participation/no attendance.

Poomsae, Strength training*, and Sparring specific classes have also been reassigned.

*In an effort to improve the strength and ability of each student, we have incorporated a power block during the week. It is imperative that students make an effort to attend classes on Wednesdays to maximize their taekwondo techniques.

Private lessons are still available by appointment only during the 3:00 - 4:00 hour.

\$30 for 30 minutes, \$50 for 60 minutes.



OMS Taekwondo

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ALL CLASSES can be joined on ZOOM						
In Person	Mon	Tue	Wed	Thu	Fri	Sat
3:15 - 4:00 PM	PRIVATE LESSONS BY APPT ONLY	PRIVATE LESSONS BY APPT ONLY	PRIVATE LESSONS BY APPT ONLY	PRIVATE LESSONS BY APPT ONLY	PRIVATE LESSONS BY APPT ONLY	
4:15 - 5:00 PM	BEGINNER Age 13 & under	INTERMEDIATE Age 13 & under	All Ranks Strength Training	ADVANCED Age 13 & under	BEGINNER Age 13 & under	
5:15 - 6:00 PM	All Ranks Age 13 & under POOMSAE	All Ranks Age 13 & under	All Ranks Strength Training	All Ranks Age 13 & under SPARRING	All Ranks Age 13 & under	
6:15 - 7:00 PM	All Ranks All ages	All Ranks All ages POOMSAE	All Ranks Strength Training	All Ranks All ages	All Ranks All ages SPARRING	
7:00 - 8:00 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	

Levels / Belt Colors

Beginner	White	Yellow	Orange	Green
Intermediate	Purple	Blue	Brown	
Advanced	Red	Adv Red	Black	