



Lake Norman

Taekwondo America

32 Joe V. Knox Blvd. Suite B102
Mooresville, NC 28117

(Behind Williamson Road Post office)

704-663-0001

Email: LNTKD@aol.com

Website: www.lakenormantaekwondo.com

Quick Classes for White Belt with two stripes and above Tues., Wed. and Thurs. at 3:30pm

Children	Monday	Tuesday	Wed.	Thurs.	Friday	Sat.
Beginners	5:30pm	Age (5 – 6) 4pm	4:00pm	4:45pm	Age (5 – 7) 4:45pm Ages (8- 10) 5:30pm (11 & older) 6:15 pm	10 am
Lil Dragon And Yellow	4:00pm	Age (7-8) 4:45pm Age (9-10)5:30pm	5:30pm	4:45pm		10 am
Orange	4:00pm	Ages (11 & Older) 6:15pm	5:30pm	4:00pm & 6:15pm		10 am

Orange Belts with complete gear are allowed to go to the Sr. Orange Belt classes

Sr. Orange thru Sr. Blue	4:45pm	Age (5 – 6) 4pm Age (7-8) 4:45pm	4:45pm	4:00pm & 6:15pm	Age (5 – 7) 4:45pm	10 am
Brown thru Senior Red	6:15pm	Age (9-10)5:30pm Ages (11 & Older)	4:45pm	5:30pm	Ages (8- 10) 5:30pm (11 & older)	10 am
Black Belt	6:15pm	6:15pm	6:15pm	5:30pm	6:15 pm	10 am

Toddlers		3:00pm	3:00pm	3:00pm	
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Adults	Monday	Tuesday	Wed.	Thursday	Friday	Sat.
All Ranks	9am & 7:00pm	9am & 7:00pm	9am & 7:00pm	9am & 7:00pm	9am & 7:00pm	10 am

“Expect The Best” ♦ “The Ultimate in Training”

Class Schedules are different at other locations

<u>Albemarle</u> (704) 982-4099 – Mr. B. Alexander	<u>Shelby</u> : (828)447-7936 Mr. Burdge
<u>Charlotte</u> (704) 841-8747 - Mr. Wilson	<u>Concord</u> : (704) 794-6610 – Mr. Baxter
<u>Greensboro</u> : (336) 288-8399 – Mr. Davis	<u>Greensboro</u> : (336) 547-0001- Mr. Word
<u>Charlotte</u> : (704) 794-2150 – Mr. Martin	<u>Winston Salem</u> (336) 631-9545- Mr. J.Alexander
<u>Raleigh</u> : (919) 846-6578 – Mrs. Peck	<u>Raleigh</u> : (919) 231-0348 – Mr. Moore

Schedule will begin August 30th