



Lake Norman

Taekwondo America

132 Joe V. Knox Blvd. Suite B102
 Mooresville, NC 28117
 (Behind Williamson Road Post office)

704-663-0001

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Website: www.lakenormantaekwondo.com

Age Specific Classes only on Tuesday and Friday

Tuesday (Ages 5-6) 4:00pm (7-8)4:45pm (9-10)5:30pm (11 & Older) 6:15pm

Friday (Ages 5-7) 4:15pm (8-10) 5pm (11 & Older) 5:45pm

Saturday Class at 10am for all ranks and age

Children	Monday	Tuesday	Wednesday	Thursday	Friday
Beginners	5:30pm	Age Specific	4:00pm	4:45pm	Age Specific
Lil Dragon And Yellow	4:00pm	Age Specific	5:30pm	4:45pm	Age Specific
Orange	4:00pm	Age Specific	5:30pm	4:00pm & 6:15pm	Age Specific

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

Sr. Orange thru Sr. Blue	4:45pm	Age Specific	4:45pm	4:00pm & 6:15pm	Age Specific
Brown thru Senior Red	6:15pm	Age Specific	4:45pm	5:30pm	Age Specific
Black Belt	6:15pm	Age Specific	6:15pm	5:30pm	Age Specific

Toddlers	No Classes	3:00pm	3:00pm	3:00pm	No Classes
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Adults	Monday	Tuesday	Wednesday	Thursday	Friday
All Ranks	10am & 7:00pm	9am & 7:00pm	10am & 7:00pm	9am & 7:00pm	6:30pm

Quick Classes for White Belt with two stripes and above Tuesday, Wednesday and Thursday at 3:30

"Expect The Best" ♦ "The Ultimate in Training"

Class Schedules are different at other locations

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