



Lake Norman

Taekwondo America

132 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

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

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

***Tuesdays –Teens 20 and younger will be at 6:15pm**

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

***Tuesdays –Teens 20 and younger will be at 6:15pm**

Toddlers	No classes	3:00pm	3:00pm	3:00pm	No Classes	
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Adults	Monday	Tuesday	Wed.	Thursday	Friday	Sat.
All Ranks	9am & 7:00pm	9am	9am & 7:00pm	9am & 7:00pm	9am & 7:00pm	10 am

***Tuesdays – Adult students 12 and older will be at 6:15pm**

***Adult Students 20 and older will be at 7pm**

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

Mt. Pleasant: (704) 794 - 2150 – Mrs. Martin	Shelby: (828)447-7936 Mr. Burdge
Charlotte: (704) 841-8747 - Mr. Wilson	Concord: (704) 794-6610 – Mr. Baxter
Greensboro: (336) 288-8399 – Mr. Davis	Morrisville: (919) 380-8810 – Mr Chan
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

Schedule will begin Tuesday September 6th