

Kou's Taekwon-Do School

900 Greenbank Road, Barrhaven Mall
Barrhaven, ON K2J 1S8

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Fall 2019 - effective September 3rd, 2019

This schedule also posted on our website: www.koutkd.com

Date / Time	Monday	Tuesday	Wednesday	Thursday	Friday
4:30 pm to 5:00 pm		Little Ninjas Brazilian Jiu-Jitsu 4 to 6 Years		Little Ninjas Brazilian Jiu-Jitsu 4 to 6 Years	
5:00 pm to 5:45 pm	Children TKD All Belts	Children TKD All Belts	Children TKD All Belts	Children TKD All Belts	Children TKD All Belts
5:45 pm to 6:30 pm	Children TKD All Belts + Children Beginner	Children Brazilian Jiu-Jitsu	Children TKD All Belts + Children Beginner	Children Brazilian Jiu-Jitsu	Children TKD All Belts + Children Beginner
6:30 pm to 7:30 pm	All Ages TKD All Belts + Beginner	Adult Brazilian Jiu-Jitsu	All Ages TKD All Belts + Beginner	All Ages TKD All Belts + Beginner	All Ages TKD All Belts + Beginner
7:30 pm to 8:30 pm	Adult TKD All Belts + Adult Beginner	Adult TKD All Belts + Adult Beginner	Adult TKD All Belts + Adult Beginner	Adult TKD All Belts + Adult Beginner Brazilian Jiu-Jitsu	

Saturday Morning Class

9:45 am to 10:30 am	10:30 am to 11:30 am	11:30 am to 12:30 pm	12:30 pm to 1:30pm	1:30 pm to 2:15pm
Children TKD All Belts + Beginner	Family TKD All belts	Brazilian Jiu-Jitsu No-Gi	Women Self Defence & BJJ 14 years and over	Children Brazilian Jiu-Jitsu