

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Afterschool Program 4:00pm – 4:45pm	Afterschool Program 4:00pm – 4:45pm	Afterschool Program 4:00pm – 4:45pm	Afterschool Program 4:00pm – 4:45pm	Afterschool Program 4:00pm – 4:45pm	Pulse Intro 9:45am – 10:30am	
Tiny Tiger 5:00pm – 5:30pm	Pulse Intermediate Taekwondo 4:45pm – 5:30pm	Tiny Tiger 5:00pm – 5:30pm	Pulse Intermediate Taekwondo 4:45pm – 5:30pm	Tiny Tiger 5:00pm – 5:30pm	Tiny Tiger 10:30am – 11:00am	
Pulse Intro 5:30pm – 6:15pm	Wushu KungFu Level 3/4 5:30pm – 6:30pm	Pulse Intro 5:30pm – 6:15pm	Wushu KungFu Level 3/4 5:30pm – 6:30pm	Pulse Intro 5:30pm – 6:15pm	Wing Chun KungFu All Levels 11:00am – 12:30pm	
Pulse Combat Taekwondo 6:15pm– 7:00pm	Wushu KungFu Competition Team Level 4 6:30pm – 7:30pm	Teen/Adult 6:15pm – 7:00pm	Wushu KungFu Competition Team Level 4 6:30pm – 7:30pm	Pulse Combat Taekwondo 6:15pm– 7:00pm	Wushu KungFu Level 4 12:30pm – 1:30pm	
Wushu KungFu Level 2 7:00pm – 8:00pm	Wing Chun/KungFu All Levels 7:30pm – 9:00pm	Wushu KungFu Level 2 7:00pm – 8:00pm	Wing Chun/KungFu All Levels 7:30pm – 9:00pm	Pulse Intermediate Taekwondo 7:00pm – 7:45pm	Wushu KungFu Level 3/4 1:30pm – 2:30pm	<b>BELT/SASH TESTING</b> Last Sat of Month Tiny Tiger 8:30am Kids/Adult 9:00am
Teen/Adult 8:00pm – 8:45pm		Pulse Advanced Taekwondo 8:00pm – 8:45pm		Pulse Advanced Taekwondo 7:45pm – 8:30pm	Wushu KungFu Level 2 2:30pm – 3:30pm	<b>BELT/SASH TESTING</b> Last Tues of Month Wing Chun 8:00pm

### INTRODUCTION PROGRAMS

Tiny Tiger: under 6

Pulse Intro: Ages 7-12

Teen/Adult: Ages 13 & over

### Pulse Combat TKD Sparring:

Must be enrolled in **Pulse Combat Program** to attend

### Pulse Performance Program:

Provides access to multiple programs for kids/teens

### TAEKWONDO STREAM

**Pulse Intermediate:** Orange Belt – Green Belt – Purple Belt

**Pulse Advanced:** Blue Belt – Brown belt – Red Belt

Red/Black Stripe Belt - Black Belt

### WUSHU KUNGFU STREAM

**Level 2:** Orange Sash – Green Sash

**Level 3:** Blue Sash – Purple Sash

**Level 4:** Brown Sash - Red Sash – Red/Black Stripe Sash  
Black Sash

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**Effective January 1, 2023**