



Lake Norman

Taekwondo America

Summer Schedule

132 Joe V. Knox Ave. Suite B102 (Behind Williamson Post office)

Mooresville, NC 28117

Email: LNTKD@aol.com

704-663-0001 www.lakenormantaekwondo.com

Age Specific Classes only on Tuesday and Friday

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

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

There are no quick classes during the summer

Children	Monday	Tuesday	Wednesday	Thursday	Friday
Beginners	12pm & 4:45pm	12pm Age Specific	12pm & 5:30pm	12pm & 6:15pm	No am Classes Age Specific
Lil Dragon Yellow Belts	12pm & 4:45pm	12pm & Age Specific	12pm & 5:30pm	12pm & 6:15pm	No am Classes Age Specific
Orange Belts	12pm & 5:30pm	11am & Age Specific	12pm & 4:45pm	11am & 5:30pm	No am Classes Age Specific
Green thru Senior Blue	11am & 5:30pm	11am & Age Specific	11am & 4:45pm	11am & 5:30pm	No am Classes Age Specific
Brown thru Senior Red	11am & 6:15pm	11am & Age Specific	11am & 4:45pm	11am & 4:45pm	No am Classes Age Specific
Black Belt	11am & 6:15pm	11am & Age Specific	11am & 6:15pm	11am & 4:45pm	No am Classes Age Specific

Toddlers	No Classes	1:00pm	1:00pm	1:00pm	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
Cardio	9am	10am	9am	10am	9am

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

Class Schedule are different at other locations

Concord (704) 794-6610

Highpoint (336) 869-8399

Raleigh (919) 846-6578

Albemarle (704) 982-4099

Greensboro (336) 288-8399

Winston Salem (336) 631-9545

Charlotte (704) 841-8747

Midland (704) 463-0577

Schedule will be effective June 11, 2007