

LAKE NORMAN TAE KWON DO AMERICA



132 Joe V. Knox Ave. Suite B102

Mooresville, NC 28117



Email: lntkd@aol.com

(704) 663-0001

www.lakenormantaekwondo.com

Quick Classes for White Belt 2 stripes and above: Tues. 3:30, Wed. 3:30, Thurs. 3:30pm

Beginners

Monday: 5:30pm
Tuesday: Age specific
Wednesday: 4:00pm
Thursday: 4:45pm
Friday: Age specific

Little Dragon & Yellow

Mon: 4:00pm
Tues: Age specific
Wed: 5:30pm
Thurs: 4:45pm
Fri: Age specific

Orange

Mon: 4:00pm
Tues: Age specific
Wed: 5:30pm
Thurs: 4pm & 6:15pm
Fri: Age specific

Sr. Orange to Sr. Blue

Monday: 4:45pm
Tuesday: Age specific
Wednesday: 4:45pm
Thursday: 4pm & 6:15pm
Friday: Age specific

Brown to Sr. Red

Mon: 6:15pm
Tues: Age specific
Wed: 4:45pm
Thurs: 5:30pm
Fri: Age specific

Black

Mon: 6:15pm
Tues: Age specific
Wed: 6:15pm
Thurs: 5:30pm
Fri: Age specific

Age Specific Classes only on Tuesday and Friday

Tuesday (Ages 5-6) 4pm (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

Adults

Monday: 10am & 7:00pm
Tuesday: 9am & 7:00pm
Wednesday: 10am & 7:00pm
Thursday: 9am & 7:00pm
Friday: 6:30pm

Cardio

Mon: 9:00am
Tues: 10:00am
Wed: 9:00am
Thurs: 10:00am
Fri: 9:00am

Toddler

Mon: No Class
Tues: 3:00pm
Wed: 3:00pm
Thurs: 3:00pm
Fri: No Class

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

Other Locations:

Class Schedule are different at other locations

[Albemarle](#): (704) 982-4099 - Mr. Alexander [Cary](#): (919) 859-4123 - Mr. Lessing
[Charlotte](#): (704) 841-8747 - Mr. Wilson [Concord](#): (704) 794-6610 - Mr. Baxter
[Greensboro](#): (336) 288-8399 - Mr. Davis [Greensboro](#): (336) 547-0001 - Mr. Penn
[Greensboro](#): (336) 547-0001 - Mr. Penn [Winston Salem](#): (336) 631-9545 - Mr. Deese
[Raleigh](#): (919) 846-6578 - Mrs. Peck [Raleigh](#): (919) 231-0348 - Mr. Moore

Schedule Starts 9/2/08