



**Q'S TAEKWONDO AND FITNESS**  
**BALTIMORE COUNTY, MD**

[www.qtkdandfitness.com](http://www.qtkdandfitness.com)

Cranbrook Shopping Center  
572 Cranbrook Road  
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**COLOR BELT CLASS SCHEDULE (6-12yo)**

<b>MONDAY</b> (Forms)	<b>TUESDAY</b>	<b>WEDNESDAY</b> (Sparring)	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>6pm – 6:50pm</b>	<b>6:40pm – 7:30pm*</b>	<b>6pm – 6:50pm</b>	<b>6:40pm – 7:30pm</b>	<b>6pm – 6:50pm</b>	<b>10:20am – 11:10am</b> (All Belts)

\*Color belts classes from July (after Nationals) through August. Return to Team Practice in September until Nationals