

Virginia TaeKwonDo Academy

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4:15 CUBS 5:00 WHITE/YELLOW 7:00 ADULT TKD</p>	<p>4:15 CUBS 5:00 GREEN & BLUE BELTS 5:00 beginner BJJ 6:00 advance BJJ 7:00 adult BJJ</p>	<p>4:15 CUBS 5:00 BLACK BELTS 7:00 ADULT TKD</p>	<p>4:15 CUBS 5:00 BROWN & RED BELTS 5:00 advance BJJ 6:00 beginner BJJ 7:00 adult BJJ</p>	<p>5:00 beginner BJJ 6:00 advance BJJ 7:00 ADULT TKD</p>	<p>9:30 WHITE/YELLOW 10:30 GREEN/BLUE 11:30 BROWN-BLACK</p>
<p>4:15 CUBS 5:00 WHITE/YELLOW 7:00 ADULT TKD</p>	<p>4:15 CUBS 5:00 GREEN & BLUE BELTS 5:00 beginner BJJ 6:00 advance BJJ 7:00 adult BJJ</p>	<p>4:15 CUBS 5:00 BLACK BELTS 7:00 ADULT TKD</p>	<p>4:15 CUBS 5:00 BROWN & RED BELTS 5:00 advance BJJ 6:00 beginner BJJ 7:00 adult BJJ</p>	<p>5:00 beginner BJJ 6:00 advance BJJ 7:00 ADULT TKD</p>	<p>9:30 WHITE/YELLOW 10:30 GREEN/BLUE 11:30 BROWN-BLACK</p>
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<p>CLOSED</p>	<p>CLOSED</p>	<p>5:00 Instructor Testing 6:00 Tune Up 6:30 Alternate Testing</p>	<p>AWARDS CEREMONY 5:30 JR. WHITE-YELLOW & CUBS 6:00 GRN & BLUE 6:30 BROWN-BLACK & ALL ADULTS</p>	<p>500pm - Black Belts 530pm - Brown/Red Belts 600pm - Green/Blue Belts 630pm - Sparring Clinic 630pm - Yellow Belts</p>	<p>Instructor Training</p>

May 2026