




# ACHIEVE TAEKWONDO CLASS SCHEDULE

Westford

	All Ranks Ages 3-5	Ages 6-8 White-WhiteRed	Ages 9-12 White-WhiteRed	KIDS Yellow - OrangeGreen	KIDS Green BlueBrown	All Ages Black Belt	White-Bodan Teens & Adults	All Ranks Ages 18 & UP	Kumdo "The Way of the Sword" Ages 13 & UP	All Ages Brown-Bodan	Taekwondo Conditioning Class*
<b>MONDAY</b>	4:45	4:00 or 5:30	4:45	4:00 or 5:15	6:15	3:15 or 6:00	-	NOON	-	3:15	-
<b>TUESDAY</b>	3:15 or 5:45	4:15	-	3:30 or 4:30 or 6:15	3:45 or 5:00	5:15	7:00	8:00	-	6:15	-
<b>WEDNESDAY</b>	4:45	4:00 or 5:30	4:45	4:00 or 5:15	6:15	3:15 or 6:00	-	NOON	7:00	3:15	7:00
<b>THURSDAY</b>	3:15 or 5:45	4:15	6:15	3:30 or 4:30 or 6:15	3:45 or 5:00	5:15	7:00	8:00	-	-	-
<b>FRIDAY</b>	4:15	3:30	-	4:45	5:30	7:00	7:00	7:00	-	6:15	8:00
<b>SATURDAY</b>	10:00AM	10:30AM	10:30AM	11:15AM	12:45	9:00AM	9:00AM	9:00AM	1:30	12:45	-
<b>SUNDAY</b>	-	-	-	-	-	-	-	-	-	-	1:00


Family Class  
Fridays 6:15 - 7:00



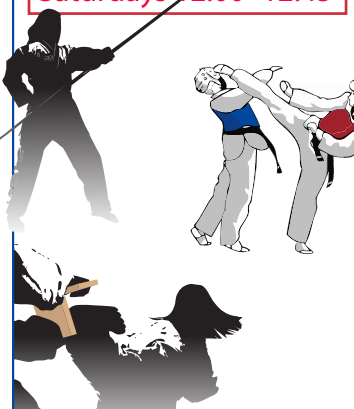
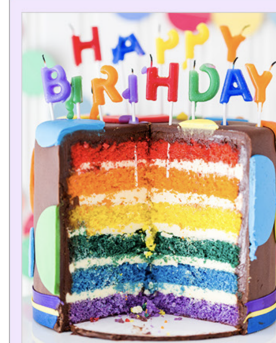
**Family Class**

Families that kick together,  
stick together!

Tournament Class  
Mondays 7:00-8:00



Weapons, Sparring  
or Board Breaking  
Saturdays 12:00- 12:45

**Book Your Next  
Birthday Party**

Saturday afternoons -  
1.5 hrs of Non-stop **FUN!**

\* Ages 11 and up

Revised 6/1/2026  
Effective Date: 6/1/2026



# ACHIEVE TAEKWONDO CLASS SCHEDULE

Westford

## MON

FRONT BACK

12:00 - 1:00 All Ranks Ages 18 & Up	
Available for Private Lessons	
3:15 - 4:00 All Ages Brown-Bodan	3:15 - 4:00 All Ages Black Belt
4:00 - 4:45 Kids Yellow-OrangeGreen	4:00 - 4:45 Ages 6-8 White-WhiteRed
4:45 - 5:15 All Ranks Ages 3-5	4:45 - 5:30 Ages 9-12 White-WhiteRed
5:15 - 6:00 Kids Yellow-OrangeGreen	5:30 - 6:15 Ages 6-8 White-WhiteRed
6:00 - 7:00 All Ages Black Belt	6:15 - 7:00 Kids Green-BlueBrown
7:00 - 8:00 Yellow Belt & Above Tournament Class	

## TUE

FRONT BACK

Available for Private Lessons	
3:30 - 4:15 Kids Yellow-OrangeGreen	3:15 - 3:45 All Ranks Ages 3-5
4:15 - 5:00 Ages 6-8 White-WhiteRed	3:45 - 4:30 Kids Green-BlueBrown
5:00 - 5:45 Kids Green-BlueBrown	4:30 - 5:15 Kids Yellow-OrangeGreen
5:45 - 6:15 All Ranks Ages 3-5	5:15 - 6:15 All Ages Black Belt
6:15 - 7:00 Kids Yellow-OrangeGreen	6:15 - 7:00 All Ages Brown-Bodan
7:00 - 8:00 White - Bodan Teens & Adults	
8:00 - 9:00 All Ranks Ages 18 & Up	

## WED

FRONT BACK

12:00 - 1:00 All Ranks Ages 18 & Up	
Available for Private Lessons	
3:15 - 4:00 All Ages Brown-Bodan	3:15 - 4:00 All Ages Black Belt
4:00 - 4:45 Kids Yellow-OrangeGreen	4:00 - 4:45 Ages 6-8 White-WhiteRed
4:45 - 5:15 All Ranks Ages 3-5	4:45 - 5:30 Ages 9-12 White-WhiteRed
5:15 - 6:00 Kids Yellow-OrangeGreen	5:30 - 6:15 Ages 6-8 White-WhiteRed
6:00 - 7:00 All Ages Black Belt	6:15 - 7:00 Kids Green-BlueBrown
7:00 - 8:00 Taekwondo Conditioning Class* Ages 13 & up Kumdo "The Way of the Sword"	

## THU

FRONT BACK

Available for Private Lessons	
3:30 - 4:15 Kids Yellow-OrangeGreen	3:15 - 3:45 All Ranks Ages 3-5
4:15 - 5:00 Ages 6-8 White-WhiteRed	3:45 - 4:30 Kids Green-BlueBrown
5:00 - 5:45 Kids Green-BlueBrown	4:30 - 5:15 Kids Yellow-OrangeGreen
5:45 - 6:15 All Ranks Ages 3-5	5:15 - 6:15 All Ages Black Belt
6:15 - 7:00 Kids Yellow-OrangeGreen	6:15 - 7:00 Ages 9-12 White-WhiteRed
7:00 - 8:00 White - Bodan Teens & Adults	
8:00 - 9:00 All Ranks Ages 18 & Up	

## FRI

FRONT BACK

Available for Private Lessons	
3:30 - 4:15 Ages 6-8 White-WhiteRed	3:15 - 3:45 All Ranks Ages 3-5
4:15 - 4:45 All Ranks Ages 3-5	3:45 - 4:30 Kids Green-BlueBrown
4:45 - 5:30 Kids Yellow-OrangeGreen	4:30 - 5:15 Kids Yellow-OrangeGreen
5:30 - 6:15 Kids Green-BlueBrown	5:15 - 6:15 All Ages Black Belt
6:15 - 7:00 Family Class	6:15 - 7:00 All Ages Brown-Bodan
7:00 - 8:00 All Ranks Teens & Adults	
8:00 - 9:00 Taekwondo Conditioning Class *	

## SAT

9:00-10:00 All Ranks Teens & Adults	
10:00 - 10:30 All Ranks Ages 3-5	
10:30 - 11:15 Ages 6-8 White-WhiteRed	10:30 - 11:15 Ages 9-12 White-WhiteRed
11:15 - 12:00 Kids Yellow-OrangeGreen	
12:00 - 12:45 Yellow Belt & UP Weapons Board Breaking or Sparring	
12:45 - 1:30 Kids Green-BlueBrown	12:45 - 1:30 All Ages Brown-Bodan
1:30 - 2:30 Kumdo "The Way of the Sword" Ages 13 & UP	

## SUN

1:00 - 2:00 Taekwondo Conditioning Class*
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