



**TaeKwonDo Dress Code:**  
TKD Pants, MPNinjas Shirt, and your belt

On **Weds & Thurs** all students (**orange** belts and above) need to bring their **sparring gear** to class

**White & Yellow**

**Tuesday**      **Wednesday**      **Thursday**      **Saturday**

4:30-5:00      5:20-5:50      4:45-5:15

**Orange & Green**

**Bring sparring gear**  
**Weds & Thurs**

5:00-5:40      4:40-5:20      5:10-5:45

**Purple Belts**

**Bring sparring gear**  
**Weds & Thurs**

5:40-6:20      4:40-5:20      5:10-5:45

**Blue Belts**

**Bring sparring gear**  
**Weds & Thurs**

5:40-6:20      5:50-6:30      5:45-6:30

**Brown & Red**

**Bring sparring gear**  
**Weds & Thurs**

5:40-6:20      5:50-6:30      5:45-6:30

**Black Belts**

**Bring sparring gear**  
**Weds & Thurs**

6:15-7:00      5:50-6:30      5:45-6:30

**Teen & Adults**

7:00-8:00      7:00-8:00      7:00-8:00

10:45 - 11:30am  
Family TaeKwonDo Class



**NinjaTrix Dress Code:**  
Headband, MPNinjas t-shirt,  
black shorts or pants

**Ninja Classes are 40 mins**

**Group One  
Ninjas:**

Monday: 5:30  
Wednesday: 6:30  
Saturday: 10:00

**Group Two  
Ninjas:**

Monday: 6:10  
Thursday: 6:30  
Saturday: 10:00