



Ultimate Taekwon-do Jamaica

**Shop #24, Lee Gore Business Centre. 31 Upper Waterloo Road,
Kingston E-mail: ultimatetaekwondo1@gmail.com /Contact: (876) 520-7293**

TRAINING DAYS & TIMES

Kids Program (3+-6yrs old):

- 02:45pm – 03:45pm **Mondays & Thursdays**
- 01:00pm – 02:00pm **Saturdays**

Juniors Class (7-15yrs old):

White – Green Stripe

- 04:00pm – 05:00pm **Mondays & Thursdays**
- 02:15pm – 03:15pm **Saturdays**

Green Belts – Black Stripe

- 04:00pm – 05:00pm **Wednesdays & Fridays**
- 02:15pm – 03:15pm **Saturdays**

Beginner's/ Intermediate Class (13yrs & above):

White – Blue Stripe

- 06:00pm – 07:00pm **Mondays & Wednesdays**
- 03:30pm – 04:30pm **Saturdays**

Advance Class:

Blue Belt – Black Stripe

- 06:00 pm – 07:00 pm – **Wednesdays**
- 06:00 pm – 07:15 pm – **Fridays**
- 03:30pm – 04:30pm – **Saturdays**

Black Belt Class:

- 07:00 pm – 08:00 pm – **Mondays**
- 06:00 pm – 07:15 pm – **Fridays**
- 03:30pm – 04:30pm – **Saturdays**
- 11:00am – 1:00pm - **1st and 3rd Sundays of month**