

A great physical activity for adults or kids, excellent stress relief, sharpen mental focus, build flexibility, balance, bone mass, muscle strength, reflexes, and cardio... all at once!



**SUMMER SPECIAL \$499**

Intro Program Includes:

- 3 months of attendance
- TKD Uniform (\$60 value)
- Intro private lessons
- Unlimited Classes

**SAVE \$184!**

**30 classes/week**  
**Weight training included**

Call or email to observe a class!

2000 Mass Ave.  
(617) 492-5070  
TKD-CAMBRIDGE.COM

Expires June 30, 2025 Age 5+  
Discounts do not combine

Adults have class 6 days a week, kids are 5 days a week in the beginning and then they can move up to 6 when they go up in rank.

The average student comes around 2-3 times a week. What days you come is flexible to your schedule.

#### Monday - Friday:

Age 5-8 is at 4pm

Age 9-12 is at 5pm

Adults (age 13+) have class at noon and 6pm, and sometimes 7pm as well

#### Saturday:

Kids class 10am

Adults 11am

Last updated: June 2025



## TKD Class Schedule

Jae H Kim Taekwon-Do Cambridge • 2000 Mass. Ave/Porter Square • (617) 492-5070  
www.tkd-cambridge.com • tkd@tkd-cambridge.com •



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 to 1:00 PM ADULTS FORMS All Levels	12:00 to 1:00 PM ADULTS All Levels	12:00 to 1:00 PM ADULTS All Levels	12:00 to 1:00 PM ADULTS All Levels	12:00 to 1:00 PM ADULTS All Levels	10:00 to 11:00 A Kids Age 5 - 12 All Levels
4:00 to 5:00 PM Ages 5 - 8 All Levels	4:00 to 5:00 PM Ages 5 - 8 All Levels	4:00 to 5:00 PM Ages 5 - 8 All Levels	4:00 to 5:00 PM KIDS SPARRING Age 5-8 Yellow Belt and up only  SAFETY EQUIPMENT IS REQUIRED FOR ALL SPARRING CLASSES	FORMS REVIEW ALL KIDS Age 5-12 By Rank: 4:00-4:30pm White belt - yellow stripe 4:30-5:00pm Yellow belt - green belt 5:00-5:30pm Blue stripe - red stripe 5:30-6:00pm red belt - black belt	11:00 to 12:00 A ADULTS All Levels
5:00 to 6:00 PM Ages 9 - 12 All Levels	5:00 to 6:00 PM Ages 9 - 12 All Levels	5:00 to 6:00 PM Ages 9 - 12 All Levels	5:00 to 5:50 PM KIDS SPARRING Age 9-12 Yellow Belt and up only		12:00 to 12:50 P STRETCHING CLASS All Levels
6:00 to 7:00 PM ADULTS All Levels	6:00 to 7:00 PM ADULT FORMS All Levels	6:00 to 7:00 PM ADULTS All Levels	6:00 to 7:00 PM ADULTS All Levels	6:00 to 7:00 PM ADULTS All Levels	1:00 to 2:00 PM KIDS BLACK BELT PROGRAM All Levels
7:00 to 8:00 PM ADULTS All Levels	7:00 to 8:00 PM ADULTS All Levels	7:00 to 8:00 PM ADULT SPARRING Yellow Belt and up  Sparring equipment required	7:00 to 9:00 PM ADULT COMP TEAM TRAINING  Black belt program only Please speak to Mr. Hwang if you are interested in tournament sparring	7:00 to 8:00 PM ADULTS FORMS & TEST REVIEW All Levels	2:00 to 3:00 PM ADULTS BLACK BELT PROGRAM All Levels

ADULT CLASSES INCLUDE AGES 13 and up