



# Class Schedule

650 Portland Street, Unit 17, Dartmouth, NS B2W 6A3 · 902-293-3670

**Opening October 2026 — this is the opening schedule and may change.**

| TIME            | MON            | TUE            | WED            | THU            | FRI            | SAT                   |
|-----------------|----------------|----------------|----------------|----------------|----------------|-----------------------|
| 10:30 – 11:00am | .              | .              | .              | .              | .              | Little Stars          |
| 11:10 – 11:55am | .              | .              | .              | .              | .              | Kids Taekwondo        |
| 12:05 – 12:50pm | .              | .              | .              | .              | .              | Teens & Adults Family |
| 4:30 – 5:15pm   | Kids Taekwondo | Kids Taekwondo | Kids Taekwondo | Kids Taekwondo | Kids Taekwondo | .                     |
| 5:20 – 5:50pm   | Little Stars   | Little Stars   | Little Stars   | Little Stars   | Little Stars   | .                     |
| 6:00 – 6:45pm   | Kids Taekwondo | Kids Taekwondo | Kids Taekwondo | Kids Taekwondo | Kids Taekwondo | .                     |
| 6:55 – 7:40pm   | Teens & Adults | Teens & Adults | Teens & Adults | Teens & Adults | Teens & Adults | .                     |

## The programs

|                  |                               |
|------------------|-------------------------------|
| Little Stars     | Ages 4 to 5                   |
| Kids Taekwondo   | Ages 6 to 12                  |
| Teens & Adults   | Ages 13 and up                |
| Family Taekwondo | Parents and children together |

### Where a beginner starts

Every class here is grouped by age, not by belt or experience. A beginner joins the class for their age and starts from the beginning there. Parents are welcome to watch any class.

**Register at [novataekwondo.ca](https://novataekwondo.ca)**