



ROOM 1

	MONDAY "A" Day	TUESDAY "A" Day	WEDNESDAY "B" Day	THURSDAY "B" Day	FRIDAY	SATURDAY
4:45	KIDS Intermediate	KIDS Advanced	KIDS Intermediate	KIDS Advanced		8:00a BLACK BELT TRAINING Performance & Conditioning
5:30	KIDS Beginning	PEE-WEE	KIDS Beginning	PEE-WEE		10:15a CURRICULUM Tae Kwon Do & Kenpo
6:15	KIDS Intermediate & Advanced	KIDS Beginning & Intermediate	KIDS Intermediate & Advanced	KIDS Beginning & Intermediate	DEMO TEAM	11:00a ALL RANKS Free-Sparring
7:00	BLACK BELT Strength & Conditioning	BLACK BELT 1st Degree	BLACK BELT Free-Sparring	BLACK BELT 2nd Degree & higher		
7:45	FITNESS KICKBOXING	FITNESS KICKBOXING	FITNESS KICKBOXING	FITNESS KICKBOXING		

ROOM 2

	MONDAY "A" Day	TUESDAY "A" Day	WEDNESDAY "B" Day	THURSDAY "B" Day	FRIDAY	SATURDAY
4:45						
5:30		COMPETITION Open Practice				10:15a TESTING PREP. CLASS & Introductory Lessons
6:15	ADULTS Intermediate & Advanced	ADULTS Beginning & Intermediate	ADULTS Intermediate & Advanced	ADULTS Beginning & Intermediate	ADULTS Open Practice	
7:00	ADULTS All Ranks	BLACK BELT Candidates	ADULTS All Ranks	BLACK BELT Candidates		
			7:00 ~ OUTSIDE			
			BLACK BELT Candidates			

CLASSES SCHEDULE

MARTIAL ARTS CLASSES:

- ◆ **SCHEDULE EFFECTIVE AS OF MARCH 3, 2003**
- ◆ It is recommended that students attend 2 to 3 classes per week, this should include 1 "A" Day and 1 "B" Day.
- ◆ "A" Day and "B" Day classes account for an average of 4 weeks per month. On the occasional month that has 5 weeks in it, the instructor will have a choice of topic to cover that week (**Instructors Choice**).
- ◆ On any given month, the **First Full Week** is considered **Week 1** (i.e., if the first day of a month falls on a Wednesday, the first full week begins the following Monday).
- ◆ **Sparring is REQUIRED after reaching the rank of Green Belt.** Sparring gear should be purchased at that time. **Non-contact** sparring drills will be practiced prior to reaching Green Belt.
- ◆ Sparring Equipment should be brought **EVERY** Wednesday & Thursday. Free-sparring is an option for all "B" Days.
- ◆ **ADULTS** = 14 yrs. old & older **KIDS** = 13 yrs. old & younger **PEE-WEE** = 5, 6, & 7 yrs. old
- ◆ "A" Day ~ Weeks 1, 2, 3 = Basics & Forms **Weeks 2 & 4** = Self-Defense
- ◆ "B" Day ~ Weeks 1 & 3 = Free-Sparring (Kicking & Equipment) **Week 2 & 4** = Kicking & Equipment (Sparring)
- ◆ **Beginning** = White-Green Belt **Intermediate** = Purple-Blue 1 Belt **Advanced** = Brown-Brown 1 Belt **Black Belt Candidates** = Red-Red/Black Belt

FITNESS KICKBOXING CLASSES:

- ◆ Participants in Fitness Kickboxing classes must be at least 14 years old (parental permission required if under 18 yrs. old).
- ◆ Boxing Gloves are recommended, but not required, for bag work days.