

Alpha

Tae Kwon Do Academy



2010

Summer Class Schedule

All classes are 1 hour long unless noted. All classes are Taekwondo unless noted.

Schedule valid 6/21/10 through Labor Day and subject to change

MONDAY

4:00 pm Weapons Sparring –
all ages/belts
5:15 pmTKD Forms
6:30 pmHapkido

THURSDAY

4:00 pmKids TKD
5:00 pmweeTKD (30 min)
5:15 pmMixed ages & belts
5:30 pm Little Samurai (45 min)
6:30 pm ...Adults Sparring (TKD & Goju
Ryu)- green belts & above
7:45 pm ... Adult/Teens Beginners Class

TUESDAY

4:00 pmKids Sparring
5:00 pmweeTKD Sparring (30 min)
5:15 pmMixed ages & belts
5:30 pm ...Little Samurai Sparr (45min)
6:30 pm ...Advanced Kicks (TKD & Goju
Ryu)- green belts & above
7:45 pm ... Adult/Teens Beginners Class

FRIDAY

No classes scheduled

WEDNESDAY

6:15 pmGoju Ryu Karate

SATURDAY

9:30 am Mixed ages & belts
10:30amHapkido
10:45amMommy, Daddy &
Me weeTKD (30 min)
11:30 amKobudo

Age groups:

- WeeTKD – 3-5 years
- Little Samurai – 6-7 years
- Kids TKD – 8-12 years
- Teens & Adults 13 +

Experience:

- BEG – White, Yellow, High Yellow
- INT – Green – Red
- ADV – Brown and above

NOTE: Please attend those classes that are appropriate for your age and belt level.

Updated May, 2010

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