



Creating Tomorrows Leaders

One Black Belt at a Time!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Private Lessons Available 4:30-5:00	TINY TIGERS All Ranks 11:00-11:30	NORTH METRO After School Program (off site) Ages 3-4 yrs 12:15-1:00	TINY TIGERS All Ranks 11:00-11:30	T-Shirt Days are Fridays & Saturdays (TKD T-shirts only).	TINY TIGERS Black Belt Club 9:00-9:30
TINY TIGERS All Ranks 5:00-5:30	KIDS All Ranks 11:30-12:15	NORTH METRO After School Program (off site) Ages 4-5 yrs 1:15-2:00	KIDS All Ranks 11:30-12:15	Private Lessons Available 4:30-5:00	TINY TIGERS All Ranks 9:30-10:00
KIDS & PARENTS Beginners 5:30-6:00	ADULT All Ranks 12:15-1:00	Check out our Monthly Calendar for Upcoming Events!	ADULT All Ranks 12:15-1:00	TINY TIGERS Black Belt Club 5:00-5:30	KIDS & PARENTS Beginners 10:00-10:30
KIDS Black Belt Club 6:00-6:30	Private Lessons Available 4:30-5:00	Private Lessons Available 4:30-5:00	Private Lessons Available 4:30-5:00	TINY TIGERS All Ranks 5:30-6:00	KIDS Black Belt Club 10:30-11:00
KIDS Intermediate & Advanced 6:30-7:15	TINY TIGERS Leadership Club 5:00-5:30	KIDS 1-Bik-D & Above 5:00-5:45	KIDS Intermediate 5:00-5:30	KIDS & PARENTS Beginners 6:00-6:30	KIDS Intermediate & Advanced 11:00-11:45
KIDS Leadership & Masters Club 7:15-7:45	TINY TIGERS All Ranks 5:30-6:00	TINY TIGERS Black Belt Club 5:45-6:15	KIDS Advanced 5:30-6:00	KIDS Black Belt Club 6:30-7:00	Instructor Training (by invitation only) 11:45-12:15
ADULT Leadership & Masters Club 7:45-8:15	KIDS & PARENTS Beginners 6:00-6:30	TINY TIGERS All Ranks 6:15-6:45	KIDS Leadership & Masters Club 6:00-6:30	KIDS Intermediate & Advanced 7:00-7:45	KIDS & ADULTS 1-Bik-D & Above 12:15-1:00
ADULT All Ranks 8:15-9:00	KIDS Leadership/Masters Club 6:30-7:00	KIDS & PARENTS Beginners 6:45-7:15	KIDS 1-Bik-D & Above 6:30-7:15	ADULT ATA Fit Conditioning Class *Available as a Separate Program 7:45-8:15	ADULT Black Belt Club 1:00-1:30
EFFECTIVE 04/19/2010 <small>*subject to change without notice</small>	KIDS 1-Bik-D & Above 7:00-7:30	ADULT Black Belt Club 7:15-7:45	ADULT Leadership & Masters Club 7:15-7:45	Basic Program <i>3TKD Classes</i> Black Belt Club <i>3TKD Classes, Plus 2 Black Belt Club Classes</i> Leadership Club <i>All Inclusive Membership</i> *See Staff for details on registration for MMA & ATA Fit Conditioning Programs	ADULT All Ranks 1:30-2:15
	FAMILY TRAINING All Ages & All Ranks 7:30-8:00	ADULT ATA Fit Conditioning Class *Available as a Separate Program 7:45-8:15	ADULT Black Belt Club 7:45-8:15		Intro to MMA & Jiu Jitsu Class 2:15-3:45
	ADULT 1-Bik-D & Above 8:00-8:45	ADULT All Ranks 8:15-9:00	ADULT All Ranks 8:15-9:00		Open to All Students Age 13 and Up as a Separate Program. TKD Students receive a Discount!