



TKDFit Class Schedule

Effective December 17, 2009



	4:45 PM	5:30 PM	6:15 PM	7:00 PM	8:00 PM
Mon	All Students Specialty Training	Jr White Jr Yellow Jr Orange	Jr Brown Jr Red Jr Black	Teen & Adult	Adult Fitness & Cardio
Tue	Lil' Dragons	Jr Green Jr Purple Jr Blue	Sparring Class	Family Class	Adult Fitness & Cardio
Wed	All Students Specialty Training	Family Class	Jr White Jr Yellow Jr Orange	Teen & Adult	Adult Fitness & Cardio
Thu	Lil' Dragons	Jr Brown Jr Red Jr Black	Jr Green Jr Purple Jr Blue	Teen & Adult	Adult Fitness & Cardio
Fri	All Students Specialty Training	All Juniors	Family Class	Teen & Adult	Special Events Adults (18+)
	9:00 AM	10:00 AM	11:00 AM	11:30 AM	12:00 PM
Sat	All Students Specialty Training	All Juniors	Sparring Class	Family Class	Teen & Adult

Minimum Class Attendance

White - 10 Classes
 Yellow, Orange - 12 Classes
 Green, Purple, Blue - 14 Classes
 Brown, Red, Black - 16 Classes

Stripes and the meaning (* = Required to Test)

- * **Green** - Stances, Blocks, Gear
- * **Blue** - Form
- * **Red** - One-Steps, Combinations
- * **Black** - on Green and above - Form
- Black** - on Y, O / Second black - All previous information

Black Belts may attend ANY class (will be expected to assist in classes not designated for Black Belts)

Family Class = Adult Students with their Family members (adults alone will be expected to assist)

Teen & Adult = 13 years old and over (some large Juniors by Invitation)

Sparring Class = All Students - Gear on at Bow in

All Students Specialty Classes - Training Activities to Create More Well-Rounded Martial Artists

Adult Fitness, & Special Events = Open to Non Taekwondo Students