

# U.S. TAEKWONDO CENTER

## CLASS SCHEDULE

### NEW CLASS TIMES:

1) **MON, WED & FRI.:** 2:30pm to 9:00pm

2) **TUES & THURS.:** 2:30pm to 9:00pm

3) **SATURDAY:** 9:30am to 12:00noon

"A" MONDAY	"A" TUESDAY	"B" WEDNESDAY	"B" THURSDAY	"A" FRIDAY	"B" SATURDAY
10:30-11:30am ZUMBA CHRIS	9:30-10:30am ZUMBA GOLD KEVIN	9:30-10:30am ZUMBA GOLD DEBBIE	9:30-10:30am ZUMBA GOLD KEVIN	9:30-10:30am ZUMBA GOLD KEVIN	8:00am-9:00am ZUMBA CHRIS
		10:30-11:30am YOGA for SR DEBBIE		10:30-11:30am PRIVATE CLASS DEBBIE	
	3:30pm-4:30pm JR. BB CLUB GRN-SR.BLUE		3:30pm-4:30pm JR. BB CLUB GRN-SR.BLUE		
4:00pm-5:00pm JR. BB CLUB GRN-SR.BLUE	4:30pm-5:30pm JUNIOR WHITE-ORNGE	4:00pm-5:00pm JR. BB CLUB GRN-SR.BLUE	4:30pm-5:30pm JUNIOR WHITE-ORNGE	4:00pm-5:00pm JUNIOR <b>*SPARRING*</b>	11:00-12:00 JR./SR. WHITE-ORNGE
5:00pm-6:00pm JR/SR BB CLUB BRWN-SR.RED	5:30pm-6:30pm JR/SR BB CLUB BRWN-SR.RED	5:00pm-6:00pm JR/SR BB CLUB BRWN-SR.RED	5:30pm-6:30pm JR/SR BB CLUB BRWN-SR.RED	5:00pm-6:00pm <b>BLACK BELT CANDIDATES</b>	12:00-2:00pm U.S.T.C. DEMO TEAM
6:00pm-7:00pm SR. BB CLUB GRN-SR.BLUE	6:30pm-7:30pm JR./SR. BLACK BELT	6:00pm-7:00pm SR. BB CLUB GRN-SR.BLUE	6:30pm-7:30pm JR./SR. BLACK BELT	6:00pm-7:30pm SENIOR <b>*SPARRING*</b>	<b>SUNDAY</b>
7:00pm-8:00pm BLACK BELT SPECIAL TRAIN	7:30pm-8:30pm SENIOR WHITE-SR.BLUE	7:00pm-8:00pm BLACK BELT SPECIAL TRAIN	7:30pm-8:30pm SENIOR WHITE-SR.BLUE		9:30-10:30am ZUMBA GOLD CHRIS

"A" Classes: Kicking Drills/Sparring

"B" Classes: Forms/One step

**\*FULL SPARRING GEAR REQUIRED**

**\*BLUE BELT & ABOVE MANDATORY**

### **STUDENTS ARE EXPECTED TO:**

1. Arrive at least 10 minutes early for class
2. Pull attendance card
3. Keep uniforms clean, neat and odor free
4. Quietly prepare for class
5. Attend classes on your chosen schedule (White Belts must limit attendance to three times a week)
6. Attend at least one "A" and one "B" class per week
7. Show respect to Instructors and fellow students

**PLEASE DO NOT DISTURB CLASSES IN SESSION!!!!**

**WE WARMLY WELCOME YOUR FAMILY AND FRIENDS TO WATCH!  
FOR MORE INFO. CALL: 942-USTC(8782)**