

Family Taekwondo Plus

Effective 4/1/2009

<http://famtkdplus.com>

916-725-3200

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
8:00- 4:00 Private Lessons	8:00- 4:00 Private Lessons	8:00- 4:00 Private Lessons	8:00- 4:00 Private Lessons	8:00- 6:00 Private Lessons	10:00 am – kids, All Belts
4:15 - 5:00 PM Intermediate Kids	4:30 - 5:15 PM Beginning (Kids)	4:30 - 5:15 PM Intermediate Kids	4:30 - 5:15 PM Beginning (Kids)		11:00 am – adults and teens, All Belts
5:00 - 5:45 PM Advanced Kids	5:15 - 5:45 PM Little Ninjas Aikido Adult	5:15 - 6:00 PM Advanced Kids	5:15 - 5:45 PM Little Ninjas		Noon: Competition Training
5:45 - 6:15 PM Weapons Kids	5:45 - 6:30 PM Family Class 6:00 Adult Aikido	6:00 - 6:45 PM Kids Sparring	5:45 - 6:30 PM Family Class	6:15 – 6:45 Leadership Training	
6:15 - 7:00 PM Black Belt Kids 6:15 Adult Serrada	6:30 -7:15 PM Beginners	6:45 - 7:30 PM Black Belt Kids	6:30 - 7:15 PM Beginners 6:45 Adult Serrada	6:45 - 7:30 PM Intermediate & Advanced	
7:00 - 7:45 PM Weapons Adult	7:15 PM Student & 1 st Dan Black Belts	7:30 PM Adult Intermediate & Advanced	7:15 - 8:20 PM All Adult Black Belt	7:30 - 8:15 PM Sparring	
7:45 PM Black Belts 2nd Degrees & Up			BLACK BELT Sparring		

Remember:

"The Family That Kicks Together -- Sticks Together"

Beginners - White - Orange - Yellow Belts

Intermediate - Camo - Green - Purple Belts

Advanced - Blue - Brown - Red - Rec. Black Belts