



Kang's Black Belt Academy, Inc.

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www.kangs.ninja



	"A" Day		"B" Day			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lil' Dragons (3-6)	6:00p-6:45p		6:00p-6:45p	4:30p-5:15p		9:00a-9:45a
Kid Tigers (6-8)		6:00p-6:45p	5:15p-6:00p		4:30p-5:15p	9:45a-10:30a
Level 1 TKD	4:30p-5:15p	5:15p-6:00p	6:45p-7:30p	5:15p-6:00p	5:15p-6:00p	
Level 2 TKD	4:30p-5:15p AND 6:45p-7:30p	4:30p-5:15p AND 6:45p-7:30p	4:30p-5:15p			
Level 3 TKD	6:45p-7:30p					6:45p-7:30p
Adult TKD Pink/Blue Ninjas	7:30p-8:30p	7:30p-8:30p		7:30p-8:30p		8:00a-9:00a
Master Classes (MC)			7:30p-8:30p Sparring or Forms (Alternates every other Week)		6:00p-6:45p Kamas & Chuks 6:45-7:30p Bo Staff	
Black Belt Club	5:15p-6:00p			6:00p-6:45p		10:30a-11:15a
Baby & Me				10:00a-11:00a		
Black Belt Fit						7:00a-7:50a
Zumba Toning	9:30a-10:30a				10:00a-11:00a	
DEMO Team Practice						11:15a-12:00p

LEGEND:

Lil' Dragons: Ages 3-6 | Kid Tigers: Ages 6-8

Level 1: White Belt – Purple Belt/Green Stripe | Level 2: Green Belt – Red Belt | Level 3: Black Belt

SCHEDULE EFFECTIVE AS OF APRIL 11, 2017

Revised 4/11/17