



Kang's Black Belt Academy

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		2:15p-3:00p Lil' Dragons			10:00a-11:00a Zumba Toning	7:00a-7:50a Black Belt Fit
4:30p to 5:10p	Advanced	Black Belt CLASS	Advanced & Intermediate	Lil' Dragons	Kid Tigers	8:00a-9:00a Adult TKD Adults Only/All Belts
5:10p to 5:50p	Intermediate	Advanced	Black Belt Club	Beginner	Beginner & Intermediate	9:00a-9:45a Lil' Dragons
5:50 to 6:30p	Lil' Dragons	Kid Tigers	Lil' Dragons	Black Belt Club	Masters Club	9:45a-10:30a Kid Tigers
6:30p to 7:10p	Black Belt Club	Beginner	Kid Tigers	Advanced & Intermediate	Masters Club	10:30a-11:15a Black Belt Club
7:10p to 7:50p	Beginner	Intermediate	Beginner & Intermediate	Black Belt CLASS		11:15a-12:15p DEMO TEAM
7:50p to 8:30p	Adult TKD Adults Only/All Belts	Adult TKD Adults Only/All Belts	Masters Club Sparring or Forms (Alternates every other week)	Adult TKD Adults Only/All Belts		1:00p-2:30p Birthday Parties

"A" Days at the Studio TKD students work on...	"B" Days at the Studio TKD students work on...	TKD Levels	
<ul style="list-style-type: none"> Curriculum One steps, forms and techniques Self Defense 	<ul style="list-style-type: none"> Endurance training Pad and bag drills Sparring Sparring techniques 	<ul style="list-style-type: none"> Lil' Dragons: Ages 3-5 Kid Tigers: Ages 6-8 Beginner: White Belt – Gold Belt Intermediate: Purple – Brown Stripe Advanced: Brown Belt - Black Stripe 	<ul style="list-style-type: none"> Blackbelts TKD (All Dans): Highly recommend attending Beginner/Intermediate or Advanced class for review Adults TKD: All belt levels – Adults Only

SCHEDULE EFFECTIVE AS OF November 1, 2017

Revised 10/23/17