



FIRE DRAGON TAEKWONDO & FITNESS Ltd.



March 2018 CLASS TIMES

FLOOR 1 (downstairs)

TIMES	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 – 9:00						HPAC CARDIO	CLOSED
9:00 – 10:00						HPAC Poomsae	
10:00 – 11:00						White to Green Stripe	
11:00 – 12:00						Green Stripe to Black Belt	
12:00 – 1:00							
3:45 – 4:45	White to Black Belt	White to Yellow Stripe	White to Black Belt	White to Yellow Stripe	White to Yellow Stripe		
4:45 – 5:45	White to Yellow Belt	Yellow Stripe to Black Belt	White to Yellow Belt	Yellow Stripe to Black Belt	White Belt to Green Stripe		
5:45 – 6:45	Yellow Stripe to Black Belt	White to Black Belt	Yellow Stripe to Black Belt	White to Black Belt	Green Belt to Black Belt		
6:45 – 7:45	White to Black Belt	Green Belt to Black Belt	White to Black Belt	Green Belt to Black Belt	6:45-8:15 BELT TEST PREP -Self Defense Orange Tip Tests done here		
7:45 – 9:00	Blue Belt to Black Belt	White to Black Belt 11+	Red Belt to Black Belt	White to Black Belt 11+			

FLOOR 2 (upstairs)

TIMES	MON	TUE	WED	THU	FRI	SAT	SUN
4:00 TO 4:30						10:00 AM New Student Introductory - "My First Class"	C L O S E D
4:30 TO 5:00	4:30 PM New Student Introductory - "My First Class"						
5:00 TO 5:30			5:00 PM New Student Introductory - "My First Class"				
5:30 TO 6:00		HPAC Sparring (5:30-7:00 PM)		HPAC Sparring (5:30-7:00 PM)	New Student Introductory - "My First Class" Includes a FREE Uniform (\$60 - \$70 Value) Cost: \$29.95 +GST The introductory course consists of 2 semi-private sessions and all the information a family would required in order to decide if they wish to enroll into our regular program.		
6:00 TO 6:30							
6:30 TO 7:00							
7:00 TO 7:30	7:00 PM New Student Introductory - "My First Class"	HPAC Poomsae (7:00-9:00 PM)		HPAC Poomsae (7:00-9:00 PM)			
7:30 TO 8:00			7:30 PM New Student Introductory - "My First Class"				
8:00 TO 8:30							
8:30 TO 9:00							

IMPORTANT: Students are expected to be on the mats warming up no later than the scheduled class time. Any students arriving on the mats after these times are deemed late for class and must receive permission, from the instructor, to join into the class.

NOTE: Normally students warm up and practice on their own for the first 15 minutes of class in order to develop their self-discipline and to foster student friendships within our school. This is followed by 45 minutes of formal class instruction.

NOTE: High Performance, HPAC, and Leadership Programs are separate programs from regular Taekwondo memberships.

FIRE DRAGON TAEKWONDO

CLASS SCHEDULE

March 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Open	2 Open	3 Open
4 Closed	5 Open	6 Open	7 Open	8 Open	9 Open	10 Open
11 Closed	12 Open	13 Open	14 Open	15 Open	16 Open	17 Open
18 Closed	19 Open	20 Open	21 Open	22 Open	23 Open	24 Arrive by 12:30 1:00 Belt Testing Open
25 Closed	26 Open	27 Open	28 Open	29 Open	30 Closed Good Friday	31 Open

Belt Test Prep on Friday's

- You must attend at least 1 time after earning your blue tip to test for your Orange (self defense) tip.

Note: You are coming to Test for Orange Tip, not to learn the moves, that should be completed prior to showing up.

Video's are available on our YouTube Channel under

Playlists, for the exact techniques required as per Belt Rank.

- Also a space to work on whatever you need to work on
- a chance to ask higher ranks for help with something
- an opportunity to practice helping lower belts

Every Friday at 6:45! (except on nights we are closed)

Martial Art's Summer Camp

Early Bird Registration for \$199.00

Regular \$249.00 per week

What Makes Our Camps Great?

Martial Art Classes
Elkwater Trips
Dinosaur park
Bowling
Woodworking
Jet skiing
Screen Printing
Arts & Crafts
Science Experiments
Aboriginal Activities BBQ



www.DragonTKD.com

(403) 502-2228

NOTE: No Classes on Statutory Holidays & some Tournament Weekends! Any class with 2 or less attendees may be cancelled at the instructors discretion.

SAFETY: Never Drop off your child for class without ensuring Fire Dragon Taekwondo Staff are present.

Classes subject to change without notice!