

# CLASS SCHEDULE

Impact Martial Arts 3186 G Pelham Parkway Pelham. AL. 35124 / 205-664-4422

www.PelhamTaeKwonDo.com / Facebook Karen Mitchell's Impact Martial Arts

## TAEKWONDO CLASSES

|                                  | Monday<br>(A Day)       | Tuesday<br>(A Day)      | Wednesday<br>(B Day) | Thursday<br>(B Day)     | Friday<br>(C Day) | Saturday<br>(C Day) |
|----------------------------------|-------------------------|-------------------------|----------------------|-------------------------|-------------------|---------------------|
| Little Ninjas<br>(Ages 4-6)      | 4:00-4:30               | 5:30-6:00               | OFF                  | 4:00-4:30               | 5:45-6:15         | OFF                 |
| Beginner Juniors<br>White-Orange | 4:30-5:15               | 6:00-6:45               | 4:30-5:30            | 5:15-6:00               | 5:00-5:45         | 11:00-11:45         |
| Int/Adv Juniors<br>Green-Black   | 5:45-6:30               | 4:30-5:30               | 5:30-6:30            | 4:30-5:15               | 5:00-5:45         | 11:00-11:45         |
| Adult Class<br>White—Black       | 4:30 –5:15<br>6:30-7:30 | 12:00-1:00<br>6:00-6:45 | 6:30-7:30            | 12:00-1:00<br>5:15-6:00 | 6:15-7:00         | 12:15-1:00          |
| Weapons<br>Training              | 5:15-5:45               | —                       | —                    | —                       | —                 | 11:45-12:15         |
| Open Mat                         | —                       | 4:00-4:30               | 4:00-4:30            | —                       | 4:30-5:00         | —                   |

## Add On Programs (See Mrs. Mitchell for more information)

|                | Monday | Tuesday | Wednesday | Thursday  | Friday    | Saturday    |
|----------------|--------|---------|-----------|-----------|-----------|-------------|
| Team Impact    |        |         |           |           | 4:30-7:00 |             |
| Escrima / Kali |        |         |           | 7:00-8:00 |           | 10:00-11:00 |
| Junior Jujitsu |        |         |           |           |           | 8:45-10:00  |
| Adult Jujitsu  |        |         |           | 6:00-7:00 |           | 8:00-10:00  |

**Please Note:** Classes at times may be cancelled or combined for special events, testing, tournaments, camps, workshops, clinics, and seminars. These events will be announced or posted on the monthly calendar.

**Ages:** Please attend classes according to your age group. You will get much more out of your time.

Little Ninjas: Ages 4-6, Juniors: Ages 7-11, Adults: Ages 12-up.

**A,B,C Day:** These are the themes for the class. Example: 'A Day'-Forms, 'B Day'-Sparring, 'C Day'-Self Defense. Each week the theme for 'A Day', 'B Day', and 'C Day' will change. See calendar.

**One-On-One Training:** If you need extra practice, set up a training session with an instructor. Sessions are done during open mat or other scheduled times.