



LEAD BY EXAMPLE TKD ZOOM SCHEDULE



www.LeadByExampleTaeKwonDo.com

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Effective: 9/6/2022

BELT RANK	MON	TUE	WED	THU	FRI	SAT
ADAPTED TKD 40 - 45 minutes	-----	-----	7:45pm Ages 15+	-----	-----	3:30pm Ages 5-9
						4:15pm Ages 10-14
DRAGONS 3yrs ~ 30min	-----	-----	-----	-----	-----	-----
NINJAS (Ages 4-6 years ~ 40 minutes)						
WHITE - ADV WHT	-----	6:00pm	-----	6:00pm	-----	11:30am
GOLD - ADV GOLD	-----	6:00pm	-----	6:00pm	-----	11:30am
ORG - ADV ORG	-----	4:30pm	-----	4:30pm	-----	11:30am
WARRIORS (Ages 7+ years ~ 40 - 45 minutes)						
WHITE - ORANGE	-----	4:30pm	-----	4:30pm	-----	12:15pm White-Gold
GREEN	-----	5:15pm	-----	5:15pm	-----	2:30pm Orange Green Purple FORMS ONLY
PURPLE - BLUE	-----	5:15pm	-----	5:15pm	-----	3:00pm Blue Red Brown FORMS ONLY
RED - BROWN	-----	6:45pm	-----	6:45pm	-----	
NOVICE BLACK	-----	6:45pm	-----	6:45pm	-----	1:00pm BB Prep
1st DAN BLACK	-----	7:30pm	-----	7:30pm	-----	1:45pm
2nd DAN+ BLACK	-----	7:30pm	-----	7:30pm	-----	1:45pm
TEENS & ADULTS (Ages 13+ years ~ 40 -60 minutes)						
WHITE - NOV BLK	-----	8:30pm	-----	-----	-----	See Above For Class Times By Belt Rank
BLACK BELTS	-----	7:30pm	-----	7:30pm	-----	1:45pm

Join us for our

1 Week FREE Trial (max of 2 classes)

Master Tommy Lightfoot

Master Janet Nguyen Lightfoot

Mr. Christian Murillo

- ⇒ Wear comfortable clothes, have a water bottle, pillow and chair nearby for our Zoom classes
- ⇒ Students may participate in either locations, but should adhere to their membership (1x, 2x, or BBC/MC unlimited per wk)
- ⇒ Please use the link for your BELT RANK. Families with multiple belt ranks should use two screens for separate zoom links.
- ⇒ Email us for more information: Fairfax = LBETKD@yahoo.com Springfield = LBETKDSR@yahoo.com