



Lead By Example - South Run 703.440.1100 IN PERSON/STUDIO CLASS SCHEDULE



Starting 1/19/21 - Please use the My Studio Web Link To Reserve your Spot for In Studio Class

BELT RANK	MON	TUE	WED	THU	FRI	SAT
DRAGONS 3yr ~30min					4:30pm	10:00am
NINJAS (Ages 4-6 years ~ 40 minutes)						
White & Adv White		6:00pm	4:30pm	6:00pm	4:30pm	11:30am
Gold - Adv Gold		6:00pm	4:30pm	6:00pm	—	10:45am
Orange - Adv Org		4:30pm	6:00pm	4:30pm	5:15pm	10:45am
WARRIORS, TEENS, ADULTS (Ages 7+ years ~ 40 minutes)						
White		4:30pm	6:00pm	4:30pm	5:15pm	12:15pm
Gold		4:30pm	6:00pm	4:30pm	5:15pm	12:15pm
Orange		4:30pm	6:00pm	4:30pm	5:15pm	12:15pm
Green		5:15pm	—	5:15pm	6:00pm	2:45pm
Purple		5:15pm	—	5:15pm	6:00pm	2:45pm
Blue		5:15pm	—	5:15pm	6:00pm	2:45pm
Red		6:45pm	5:15pm	6:45pm	—	1:00pm
Brown		6:45pm	5:15pm	6:45pm	—	1:00pm
Novice Black		6:45pm	5:15pm	6:45pm	—	1:00pm @FO BB prep
Black Belts		7:30pm	7:30pm	7:30pm	—	1:45pm
Teen & Adult Only		-----	6:45pm	-----	6:45pm	-----

ALL Classes will also be streamed on ZOOM

- ⇒ Please arrive 5-10 min early to be checked into class. If you show signs of Covid or a Cold please stay home.
- ⇒ You do not need to sign up if you are only joining our Zoom classes.
- ⇒ Parents of Dragons, Ninjas and New Students may accompany their child IN STUDIO, but seating is limited.
- ⇒ If you feel your child cannot follow our safety protocol and social distancing rules, please attend ZOOM classes.
- ⇒ Face shields/coverings are required for everyone entering the studio.
- ⇒ Email us if you have any questions: LBETKDSR@yahoo.com