



LEAD BY EXAMPLE TAE KWON DO FAIR OAKS



www.LeadByExampleTaeKwonDo.com

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Effective:1/3/2022

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

1 WEEK FREE TRIAL (max of 2 lessons)

Wear comfortable clothes, a mask, and bring a Water Bottle. Please arrive 10 min early to be checked into class.
Face shields/coverings are REQUIRED for everyone entering the studio.

YOUR LEAD BY EXAMPLE TAE KWON DO STAFF

Master Tommy Lightfoot

Ms. Cassandra Lightfoot
Ms. Cecilia Law

Master Janet Nguyen Lightfoot

Mr. Christian Murillo
Mr. Delante Strother

Master Laura Aronoff

Mr. Jack Stawasz
Mrs. Melanie Lerch
Ms. Kaitlyn McDaniel
Mr. Josh Gorgas