



# Lead By Example - Fair Oaks 703.273.1100 IN PERSON/STUDIO CLASS SCHEDULE



Schedule Begins 5/6/21 - Please use the My Studio Web Link To Reserve your Spot for In Studio Classes

BELT RANK	MON	TUE	WED	THU	FRI	SAT
Kickboxing 13+ yrs	6:00pm					9:00am
Power Yoga 13+ yrs	7:00pm					
ADAPTED TKD			8:15pm Ages 13+			3:30pm Ages 5-9
						4:15pm Ages 10-14
DRAGONS 3yrs					4:30pm	10:00am
<b>NINJAS</b> (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	—	4:30pm	5:15pm	10:45am
<b>WARRIORS, TEENS, ADULTS</b> (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	—	1:00 @SR
Brown		6:45pm	5:15pm	6:45pm	—	1:00 @SR
Novice Black		6:45pm	5:15pm	6:45pm	—	1:00pm BB Prep
1st Dan Black		7:30pm	—	7:30pm	—	1:45pm
2nd+ Dan Black		7:30pm	7:30pm	7:30pm	—	1:45pm
TEEN & ADULTS Only		-----	6:45pm	8:30pm	6:45pm	-----

## 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.
- ⇒ 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.
- ⇒ All classes will also be LIVE streamed on ZOOM
- ⇒ Email us if you have any questions: LBETKD@yahoo.com