



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



Schedule Begins 6/16/20 - 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						9:00am
ADAPTED TKD			8:15pm Ages 13+			3:15pm Ages 5-9
						4:00pm Ages 10-14
DRAGONS 3yrs					4:30pm	10:00am
NINJAS (Ages 4-6 years ~ 40 minutes)						
White & Adv White		6:00pm	4:30pm	6:00pm	—	11:30am
Gold - Adv Gold		6:00pm	4:30pm	6:00pm	—	10:45am
Orange - Adv Org		4:30pm	6:00pm	—	5:15pm	10:45am
WARRIORS, TEENS, ADULTS (Ages 7+ years ~ 40 minutes)						
White		—	6:45pm	4:30pm	6:45pm	12:15pm
Gold		—	6:45pm	4:30pm	6:45pm	12:15pm
Orange		4:30pm	6:00pm	—	5:15pm	1:00pm
Green		4:30pm	6:00pm	—	5:15pm	1:00pm
Purple		5:15pm	—	5:15pm	6:00pm	1:45pm
Blue		5:15pm	—	5:15pm	6:00pm	1:45pm
Red		6:45pm	5:15pm	6:45pm	—	2:30pm
Brown		6:45pm	5:15pm	6:45pm	—	2:30pm
Novice Black		6:45pm	5:15pm	6:45pm	—	3:15pm BB Prep @LBESR
1st Dan Black		7:30pm	—	7:30pm	—	4:00pm @LBESR
2nd+ Dan Black		7:30pm	7:30pm	7:30pm	—	4:45pm @LBESR

ALL Classes will also be streamed on ZOOM

- ⇒ Phase 2 allows for 20 students to be in person/studio. Please arrive 10 min early to be checked into class. You do not need to sign up if you are joining our Zoom classes.
- ⇒ Parents of Dragons, Ninjas and Adapted Students may accompany their child IN PERSON/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.
- ⇒ Stripe testing will resume during classes and may also be done during a private lesson on Zoom.
- ⇒ Advanced students may attend Lower Rank classes on Zoom only
- ⇒ Email us if you have any questions: LBETKD@yahoo.com