



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



Starting 6/16/20 - 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	—	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
1st Dan Black		7:30pm	7:30pm	7:30pm	—	4:00pm
2nd+ Dan Black		7:30pm	7:30pm	7:30pm		4:45pm

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 only joining our Zoom classes.
- ⇒ Parents of Dragons, Ninjas and Adapted 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.
- ⇒ Stripe testing will resume during classes and is preferred, but 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: LBETKDSR@yahoo.com