



# Lead By Example Tae Kwon Do

## ONLINE ONLY - ZOOM SCHEDULE



Please check your emails and the My Studio App for the Zoom Links

BELT RANK	MON	TUE	WED	THU	FRI	SAT
Kickboxing 13+ yrs						9:00am Zoom @FO
ADAPTED TKD			8:15pm Ages 13+ Zoom @FO			3:15pm Ages 5-9 Zoom @FO 4:00pm Ages 10-14 Zoom @FO
DRAGONS 3yrs					4:30pm Zoom @FO & SR	10:00am Zoom @FO& SR
<b>NINJAS</b> (Ages 4-6 years ~ 30 minutes)						
White & Adv White		6:00pm Zoom @FO	4:30pm Zoom @SR	6:00pm Zoom @SR	—	11:30am Zoom @FO& SR
Gold - Adv Gold		6:00pm Zoom @SR	4:30pm Zoom @FO	6:00pm Zoom @FO	—	10:45am Zoom @SR
Orange - Adv Org		4:30pm Zoom @FO	6:00pm Zoom @SR	—	5:15pm Zoom @SR	10:45am Zoom @FO
<b>WARRIORS, TEENS, ADULTS</b> (Ages 7+ years ~ 30 minutes)						
White		—	6:45pm Zoom @FO	4:30pm Zoom @SR	6:45pm Zoom @SR	12:15pm Zoom @FO
Gold		—	6:45pm Zoom @SR	4:30pm Zoom @FO	6:45pm Zoom @FO	12:15pm Zoom @SR
Orange		4:30pm Zoom @FO	6:00pm Zoom @SR	—	5:15pm Zoom @SR	1:00pm Zoom @FO
Green		4:30pm Zoom @SR	6:00pm Zoom @FO	—	5:15pm Zoom @FO	1:00pm Zoom @SR
Purple		5:15pm Zoom @SR	—	5:15pm Zoom @FO	6:00pm Zoom @SR	1:45pm Zoom @FO
Blue		5:15pm Zoom @FO	—	5:15pm Zoom @SR	6:00pm Zoom @FO	1:45pm Zoom @SR
Red		6:45pm Zoom @SR	5:15pm Zoom @SR	6:45pm Zoom @FO	—	2:30pm Zoom @FO
Brown		6:45pm Zoom @FO	5:15pm Zoom @FO	6:45pm Zoom @SR	—	2:30pm Zoom @SR
Novice Black		6:45pm Zoom @FO	5:15pm Zoom @FO	6:45pm Zoom @SR	—	3:15pm Zoom @SR BB prep
1st Dan Black		7:30pm Zoom @FO& SR	7:30pm Zoom @SR	7:30pm Zoom @FO& SR	—	4:00pm Zoom @SR
2nd+ Dan Black		7:30pm Zoom @FO& SR	7:30pm Zoom @FO	7:30pm Zoom @FO& SR	—	4:45pm Zoom @SR

### ALL Classes will be streamed LIVE on ZOOM

- ⇒ Zoom Locations: FO = Fair Oaks/Fairfax SR = South Run/Springfield
- ⇒ Students may participate in either locations, but should adhere to their membership (1x, 2x, or BBC/MC unlimited per wk)
- ⇒ Please use the link for your BELT RANK. Families with multiple belt ranks should use two screens for separate zoom links.
- ⇒ Stripe testing may be done In person or during a private lesson on Zoom.
- ⇒ Advanced students may attend Lower Rank classes on Zoom only.
- ⇒ You do NOT need to reserve a spot for Zoom classes.

LBE Fair Oaks: 703.273.1100  
LBE South Run: 703.440.1100

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