



LEAD BY EXAMPLE TAE KWON DO FAIR OAKS

www.LeadByExampleTaeKwonDo.com



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Effective: 8/23/2021

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	7:30pm	7:30pm	-----	1:45pm
TEENS & ADULTS (Ages 13+ years ~ 40 -60 minutes)						
WHITE - NOV BLK	-----	-----	6:45pm	8:30pm	6:45pm	See above
1st DAN BLACK	-----	7:30pm	-----	7:30pm	6:45pm	1:45pm
2nd DAN BLACK	-----	7:30pm	7:30pm	7:30pm	-----	1:45pm
Kickboxing 13+ yrs	6:30pm	-----	-----	-----	-----	9:00am
Power Yoga 13+ yrs	7:30pm	-----	-----	-----	-----	-----

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	Master Janet Nguyen Lightfoot	Master Laua Aronoff
Ms. Cassandra Lightfoot	Mr. Will Burket	Mr. Christian Murillo
	Mr. Jack Stawasz	Ms. Kaitlyn McDaniel