



Lead By Example Tae Kwon Do

ONLINE ONLY - ZOOM SCHEDULE

Schedule Begins 8.23.21 Please check your emails and the My Studio App for the Zoom Links

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

Join us for our 1 Week FREE Trial (max of 2 classes)

- ⇒ Wear comfortable clothes, have a water bottle, pillow and chair nearby for our Zoom classes
- ⇒ 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.
- ⇒ Email us for more information: Fairfax = LBETKD@yahoo.com Springfield = LBETKDSR@yahoo.com