



LEAD BY EXAMPLE TAE KWON DO FAIR OAKS

703-273-1100

www.LeadByExampleTaeKwonDo.com

Effective: August 26, 2019



BELT RANK	MON	TUE	WED	THU	FRI	SAT
ADAPTED TKD Ages 5-9 ~30-min	—	—	—	—	—	1:15pm
ADAPTED TKD Ages 10+ ~30min	—	—	—	—	—	2:00pm
ADAPTED TKD Ages 13+ ~30-45min	—	—	8:00pm Teen/Adults	—	—	—
LIL DRAGONS Age 3 ~30 min	—	—	—	6:15pm	4:15pm	10:00am
NINJAS <i>Ages 4-6 Years (~ 30-45 minutes)</i>						
WHITE	—	6:15pm	4:45pm	6:45pm	4:45pm	11:15am
GOLD & ORANGE	—	6:15pm	4:45pm	6:45pm	4:45pm	10:30am
GREEN	—	5:30pm	6:15pm	5:30pm	6:15pm	Gold-Green
WARRIORS <i>Ages 7-12 Years (~ 45-60 minutes)</i>						
WHITE GOLD ORANGE	Afterschool Students Only	4:45pm	6:15pm White-Green	4:45pm	6:15pm White-Green	12:00pm Family Class Ages 7+ White-Green
GREEN PURPLE BLUE	Afterschool Students Only	5:30pm	5:30pm Purple- Novice Blk	5:30pm	5:30pm Purple- Novice Blk	2:45pm Family Class Ages 7+ Purple-Nov
RED BROWN NOVICE BLACK	Afterschool Students Only	6:45pm	5:30pm	5:30pm	5:30pm	12:45pm BB Prep
BLACK	—	7:30pm	5:30pm	7:30pm	5:30pm	3:30pm
TEENS & ADULTS <i>Ages 13+ Years (~ 45-60 minutes)</i>						
WHITE GOLD ORANGE GREEN	—	—	7:00pm	8:30pm	7:00pm	12:00pm Family Class Ages 7+ White-Green
PURPLE BLUE RED BROWN NOVICE BLK	—	8:30pm	7:00pm	—	7:00pm	2:45pm Family Class Ages 7+ Purple-Nov 12:45pm BB Prep
BLACK	—	7:30pm	7:00pm	7:30pm	7:00pm	3:30pm
SPECIALTY CLASSES						
KICKBOXING (13+) 60 min	—	—	-----	—	—	9:00am
BIRTHDAY PARTIES 90 min	2, 4 & 6pm	—	-----	—	—	5 & 7pm

FREE 1 Week TRIAL! Max 2 classes/wk, Dress Comfortably. Only one trial per person

YOUR LEAD BY EXAMPLE TAE KWON DO STAFF

Master Tommy Lightfoot

Master Janet Nguyen Lightfoot

Master Laura Aronoff Nunez Mr. Will Burket Ms. Cassandra Lightfoot Mr. Evan Bowden

Mr. Rodolfo Faccini Mr. Tommy Lightfoot III Mr. Christian Murillo Ms. Robin Moyher

Mr. Jerry Singer Mr. Jack Stawasz Ms. Kaitlyn McDaniel Mr. Adam Lavelle Mr. Connor Lavelle

REQUIRED SAFETY EQUIPMENT must be worn for all SPARRING classes and UNIFORM TOPS worn during all FORMS classes.

CLASS CREDIT will only be give to those students who arrive to class on time! Please arrive at least 10 minutes before the listed class time.

Beginners may attend class 2x/wk and Black Belt and Masters Club may attend unlimited classes per week.

15 MINUTE PRIVATE LESSONS are available for students who would like individual help with their curriculum.

Lessons are available with a Teen Asst. Instructor \$5, Adult Asst. Instructor \$10, Black Belt Instructor \$15, or Master Instructor \$25 and must be scheduled at least one day in advance.

PLEASE SIGN-UP FOR OUR WEEKLY E-MAIL NEWSLETTER at: LBETKD@yahoo.com