



LEAD BY EXAMPLE TAE KWON DO FAIR OAKS

703-273-1100

www.LeadByExampleTaeKwonDo.com

Effective: September 24, 2018



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

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 Mr. William Richardson Ms. Cassandra Lightfoot Mr. Evan Bowden
Mr. Rodolfo Faccini Mr. Tommy Lightfoot III Mr. Christian Murillo Mr. Eray Tulun Ms. Robin Moyher**

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