




# SK TAEKWONDO CENTER "BE HUMBLE, GENTLE, AND STRONG!"

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## Fall/Winter CLASS SCHEDULE — Starts Sept. 16, 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:30 PM TO 4:15 PM	INTERMEDIATE Purple, Orange, Green, Blue	ADVANCED Blue ~ Black	INTERMEDIATE Purple, Orange, Green, Blue	ADVANCED <b>3:30 ~ 4:15PM</b> Blue ~ Black	SPARRING CLASS <b>3:30 ~ 4:30PM</b> ALL AGES Green ~ Black	ALL AGES <b>10:00 ~ 10:50AM</b> Blue, Brown, Red	ALL AGES <b>10:00 ~ 10:45AM</b> White, Yellow, Purple
4:15 PM TO 5:00 PM	ADVANCED Brown thru Black	BEGINNER White, Yellow, Purple	ALL BLACK BELT CLUB MEMBERS ONLY <u>Weapons Class</u>	INTERMEDIATE <b>4:20 ~ 5:05PM</b> Orange, Green, Blue	SPARRING CLASS <b>4:35 ~ 5:35PM</b> All Ages Purple to Blue	ALL AGES <b>10:50 ~ 11:35AM</b> Only White & Yellow	ALL AGES <b>10:45 ~ 11:30AM</b> Orange, Green, Blue
5:00 PM TO 5:45 PM	BEGINNER White, Yellow, Purple, Orange	INTERMEDIATE Orange, Green, Blue	BEGINNER White, Yellow, Purple	<b>5:10 ~ 6:10PM</b> All Ages Purple ~ Red <u>Forms/Sparring</u> (Bring Sparring Gear)	ALL AGES <b>5:40 ~ 6:25PM</b> White & Yellow	ALL AGES <b>11:35 ~ 12:20PM</b> Purple, Orange Green	ALL AGES <b>11:30 ~ 12:15PM</b> Blue, to Black
5:45 PM TO 6:30 PM	ADVANCED Brown thru Black	Black Belt Club ADVANCED Brown ~ Black <u>Weapons Class</u>	BLACK BELTS ONLY MASTER'S CLASS ALL AGES	ALL AGES <b>6:15 ~ 7:00PM</b> White, Yellow & Purple	SPARRING CLASS <b>6:30 ~ 7:30PM</b> All Ages Purple to Black	ALL AGES <b>12:20 ~ 1:10PM</b> Red/Black & Black <u>Forms/Sparring</u> (Bring Sparring Gear)	<b>12:30 ~ 2:30PM</b> <u>Sparring Team Practice</u>  NOTE: Members Only
6:30 PM TO 7:15 PM	INTERMEDIATE Orange, Green, Blue	BEGINNER White, Yellow, Purple	ADVANCED Green ~ Black	<b>7:05 ~ 8:05PM</b> All Ages Purple to Black <u>Forms/Sparring</u> (Bring Sparring Gear)	<b>7:30 to 9:00PM</b> SPECIAL & EVENT CLASS This class is reserved For the following:	<b>1:10 ~ 3:00PM</b> SPECIAL & EVENT CLASS This class is reserved For the following:	<b>3:00 ~ 5:00PM</b> <u>Demonstration Team Practice</u> NOTE: Members Only
7:20 PM TO 8:05 PM	BEGINNER White, Yellow, Purple	Black Belt Club INTERMEDIATE Yellow ~ BLUE <u>Weapons Class</u>	BEGINNER White, Yellow, Purple, Orange	<b>8:10 ~ 9:00PM</b> ADULTS All Belts SPARRING & CURRICULUM	-Special Class Practice -SK Team Practice -Make-up Testing -Stripe Testing -Awards Ceremony	-Special Class Practice -School Events -Make-up Testing -Stripe Testing -Awards Ceremony	
8:10 PM TO 9:00 PM	ADULTS All Belts KICKING & CURRICULUM	ADULTS All Belts SELF-DEFENSE & WEAPONS	ADULTS All Belts MMA & XMA	** Classes that are highlighted in this color are classes that have been changed**		<ul style="list-style-type: none"> <li>• YOUR GOAL IS BLACK BELT!</li> <li>• Always finish what you start!</li> <li>• Never Give Up!</li> <li>• We recommend: 2-3 times/week</li> <li>• Become Winners of Life!</li> </ul>	

**DON'T FORGET TO BRING YOUR SPARRING GEAR ON SPARRING DAYS!!!**