

American Black Belt Academy

SUMMER 2008 Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
TKD Golden Dragons (4-5 years old)	5:30 - 6:00		4:30 - 5:00		Closed		
TKD All Levels (Including Tigers)	5:30 - 6:20	6:00 - 6:50	4:30 - 5:15	5:30 - 6:20			
TKD White - Yellow (Including Tigers)		4:30 - 5:15					
TKD Green - Blue		4:30 - 5:15					
TKD Red - Black Belts			5:30 - 6:20				
TKD Red/Black Weapons			5:30 - 6:20				
TKD & Hapkido Sparring		5:15 - 6:00					
SD - White - Purple		7:00 - 7:50	6:30 - 7:20	6:30 - 7:20			
SD - Blue - Red Black	7:30 - 8:20	7:00 - 7:50	6:30 - 7:20				
SD - Black/White - Black Belts							
Grappling - Green Belt and above	6:30 - 7:20						11:00 - 12:00
Eskrima		8:00 - 9:00					