

## ELK GROVE

## Schedule 2019



| Time         | Monday  | Tuesday                                | Wednesday   | Thursday                               | Friday                                 | Saturday                                   |
|--------------|---|--|---|--|--|--|
| 5:25-6:10pm  | Black Belt Club<br>Only   | Junior Adv<br>Purple-Black<br>7yo-10yo | Junior<br>White-Orange Adv<br>4yo-10yo                | Junior Adv<br>Purple-Black<br>7yo-10yo | Junior<br>White-Orange Adv<br>4yo-10yo | Birthday<br>Parties/Private<br>Lessons     |
| 6:15- 7:00pm | 10yo & Up White-<br>Yellow Taekwondo<br>——————————————————————————————————— | 11yo & Up<br>Orange - Black            | 10yo & Up White-<br>Yellow Taekwondo<br>Adult Hapkido | 11yo & Up<br>Orange-Black              | Olympic Sparring                       |  |
| 7:05-7:50pm  | Family Class<br>All Ages  | Testing (Appointment Only)             | Family Class<br>All Ages                              | Testing<br>(Appointment Only)          | TBA Events                             |  |
| 0.00.00      | Introduction Class  | Introduction<br>Class                  | Introduction Class                                    | Introduction Class                     | Introduction Class                     | 8835 Sheldon Road<br>Suite 130             |
| 8:00-9:00pm  |   | www.LEESKOREANMARTIALARTS.com          |   |  |  | Elk Grove CA, 95624<br><b>916-405-6868</b> |

## COURTESY, MODESTY, INTEGRITY, RESPECT, PERSEVERANCE & A BLACK BELT ATTITUDE

- ✓ Please DO NOT DISTURB class in session.
- ✓ Attend class appropriate for belt rank and age.
- $\checkmark$  Arrive 10 to 15 minutes early, and have their attendance record.
- $\checkmark$  Bring Sparring gear to **EVERY** class.
- $\checkmark$  Show proper respect to instructors and fellow students.
- ✓ Quietly prepare for class by doing stretches.
- ✓ Practice and exercise at home.
- Develop and maintain a positive, well-disciplined attitude applying the student creed.

