

Choose classes by your belt color as shown in the boxes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00-12:45 TKD-ALL 		12:00-12:45 TKD 	12:00-12:45 LADY TIGER 	12:00-12:45 TKD
12:45-1:30 HAPKIDO 		12:45-1:30 HAPKIDO 		12:45-1:30 HAPKIDO
1:30-2:00 TIGER TOT <i>Tortoise Doejahng</i> 	1:00-1:45 KUNG FU <i>Phoenix Doejahng</i> 	1:30-2:00 TIGER TOT <i>Tortoise Doejahng</i> 	1:00-1:45 KUNG FU <i>Phoenix Doejahng</i> 	1:30-2:00 TIGER TOT <i>Tortoise Doejahng</i>
4:30-5:15 TKD <i>Phoenix Doejahng</i> 	4:30-5:15 TKD <i>Phoenix Doejahng</i> 	4:30-5:15 TKD <i>Phoenix Doejahng</i> 	4:30-5:15 TKD <i>Phoenix Doejahng</i> 	4:30-5:15 TKD <i>Phoenix Doejahng</i>
4:30-5:15 TKD <i>Tiger Doejahng</i> 	4:30-5:15 TKD <i>Tiger Doejahng</i> 	4:30-5:15 TKD <i>Tiger Doejahng</i> 	4:30-5:15 TKD <i>Tiger Doejahng</i> 	4:30-5:15 TKD <i>Tiger Doejahng</i>
5:15-6:00 TKD <i>Phoenix Doejahng</i> 	5:15-6:00 TKD <i>Phoenix Doejahng</i> 	5:15-6:00 TKD <i>Phoenix Doejahng</i> 	5:15-6:00 TKD <i>Phoenix Doejahng</i> 	5:15-6:00 TKD <i>Phoenix Doejahng</i>
5:15-6:00 TKD <i>Tiger Doejahng</i> 	5:15-6:00 TKD <i>Tiger Doejahng</i> 	5:15-6:00 TKD <i>Tiger Doejahng</i> 	5:15-6:00 TKD <i>Tiger Doejahng</i> 	5:15-6:00 TKD <i>Tiger Doejahng</i>
6:00-6:45 TKD <i>Phoenix Doejahng</i> 	6:00-6:45 DEFENSE <i>Phoenix Doejahng</i> 	6:00-6:45 WEAPONS <i>Phoenix Doejahng*</i> 	6:00-6:45 SPARRING <i>Phoenix Doejahng**</i> 	6:00-6:45 TKD <i>Phoenix Doejahng</i>
6:00-6:45 TKD <i>Tiger Doejahng</i> 	6:00-6:45 TKD <i>Tiger Doejahng</i> 	6:00-6:45 TKD <i>Tiger Doejahng</i> 	6:00-6:45 TKD <i>Tiger Doejahng</i> 	6:00-6:45 DEFENSE <i>Tiger Doejahng</i>
6:15-6:45 TIGER TOT <i>Tortoise Doejahng</i> 	6:15-6:45 TIGER TOT <i>Tortoise Doejahng</i> 	6:00-6:30 ALL-TIGER TALK - MAT CHATS <i>Dragon Doejahng</i>	6:45-7:30 LADIES ELITE FORMS TEAM <i>Dragon Doejahng</i>	6:00-6:45 MANUAL STUDY CLASS <i>Dragon Doejahng</i>
6:45-7:15 TIGER TOT <i>Tortoise Doejahng</i> 	6:45-7:15 TIGER TOT <i>Tortoise Doejahng</i> 	6:45-7:15 TIGER TOT <i>Tortoise Doejahng</i> 	6:45-7:15 TIGER TOT <i>Tortoise Doejahng</i> 	
6:30-7:00 TRIAL TKD <i>Dragon Doejahng</i> 	6:30-7:00 TRIAL TKD <i>Dragon Doejahng</i> 	6:30-7:00 TRIAL TKD <i>Dragon Doejahng</i> 	6:15-6:45 TRIAL TKD <i>Dragon Doejahng</i> 	6:45-7:15 TRIAL TKD <i>Dragon Doejahng</i>
6:45-7:30 SPARRING <i>Phoenix Doejahng**</i> 	6:45-7:30* DEMO <i>Phoenix Doejahng</i> 	6:45-7:30 FORMS <i>Phoenix Doejahng</i> 	6:45-7:30 FAMILY <i>Phoenix Doejahng</i> 	6:45-7:30 BREAKING <i>Phoenix Doejahng</i>
6:45-7:30 TKD <i>Tiger Doejahng</i> 	6:45-7:30 TKD <i>Tiger Doejahng</i> 	6:45-7:30 FORMS <i>Tiger Doejahng</i> 	6:45-7:30 TKD <i>Tiger Doejahng</i> 	6:45-7:30 PAHLGWAY <i>Tiger Doejahng</i>
7:30-8:15 HAPKIDO <i>Phoenix Doejahng</i> 	7:30-8:15 LADY TIGER <i>Phoenix Doejahng</i> 	7:30-8:15 LADY TIGER <i>Phoenix Doejahng</i> 	7:30-8:15 KUNG FU <i>Phoenix Doejahng</i> 	7:30-8:15 HAPKIDO <i>Phoenix Doejahng</i>
7:30-8:15 TKD ADULT <i>Tiger Doejahng</i> 	7:30-8:15 TKD ADULT <i>Tiger Doejahng</i> 	7:30-8:15 TKD ADULT <i>Tiger Doejahng</i> 	7:30-8:15 TKD ADULT <i>Tiger Doejahng</i> 	7:30-8:15 BO/BLACK <i>Tiger Doejahng</i>
8:15-9:00 HAPKIDO <i>Phoenix Doejahng</i> 		8:15-9:00 HAPKIDO <i>Phoenix Doejahng</i> 	8:15-9:00 KUNG FU <i>Phoenix Doejahng*</i> 	8:15-10 ALL TEAMS LEADERSHIP/PARTY <i>(1st Friday of month)</i>

SATURDAY
9:00-9:45 SPARRING
*Phoenix Doejahng***

9:00-9:45 TKD
Tiger Doejahng

9:45-10:30 ELITE SPARRING**
Phoenix Doejahng

9:45-10:30 HAPKIDO
Tiger Doejahng

10:00-10:30 TOTS
Tortoise Doejahng

10:30-11:00 ADV TOTS
Tortoise Doejahng

10:30-11:15 TKD
Phoenix Doejahng

10:30-11:15 TKD Forms
Tiger Doejahng

11:00-11:30 TOTS
Tortoise Doejahng

11:15-12:00 TKD
Phoenix Doejahng

11:15-12:00 TKD
Tiger Doejahng

12:15-1:00*
Jr. Management Team
Dragon Doejahng

1:00-1:45* members
DEMO TEAM
Phoenix Doejahng

1:30-3:15* BIRTHDAY PARTIES - see office to schedule

3:30-5:30 BLACK BELT REHEARSAL
per training log

TESTING TIMES
(see back for dates)

- Regular tests on odd months
- 11:50...TIGER TOT
- 12:00...Black Belt forms
- 12:05...LOW TKD
- 12:45...HAP, LADY, KF
- 1:45...TKD HIGH

- Make up tests on even months at 3:30
- Private tests by appt.