

TAEKWONDO USA / KARATE FOR KIDS

McKINNEY CLASS SCHEDULE

IN EFFECT SEPTEMBER 2017

MONDAY

4:00 – 4:30 W, O, & Y Tiny Tigers
 4:30 – 5:00 W, O & Y Jrs.
 5:00 – 5:30 C & G Jrs.
 5:30 – 6:00 P & Bl Jrs.
 6:00 – 6:30 Br & R Jrs.
 6:30 – 7:00 LEADERSHIP TRADITIONAL
 WEAPONS COLOR BELTS ONLY
 7:00 – 7:30 BLACK BELT WEAPONS - JUNIORS
 7:30 – 8:15 Rec. & Dec. Jr & Ad. Black Belts
 8:15 – 9:00 ALL ADULTS (13 & UP)
 COLOR BELTS

TUESDAY

4:00 – 4:30 Br & R Jrs.
 4:30 – 5:00 P & Bl Jrs.
 5:00 – 5:30 C & G Jrs.
 5:30 – 6:15 Rec. & Dec. Jr. Black Belts
 6:15 – 6:45 W, O, & Y Jrs.
 6:45 – 7:15 W, O & Y Tiny Tigers
 7:15 – 8:00 BLACK BELT ADULT CLASS
 8:00 – 8:30 WEAPONS – ADULTS ONLY
 8:30 – 9:15 ALL ADULTS (13 & UP) COLOR
 BELTS

WEDNESDAY

4:00 – 4:30 W, O, Y Tiny Tigers
 4:30 – 5:00 W, O, Y Jrs.
 5:00 – 5:30 P & Bl Jrs.
 5:30 – 6:00 C & G Jrs.
 6:00 – 6:30 BROWN & RED JR'S
 6:30 – 7:00 XTREME – LEVEL 1
 7:00 - 7:30 REC & DEC JR. BLACK BELTS
 7:30 – 8:00 XTREME – LEVEL 2
 8:00 – 8:45 ALL ADULTS (13 & UP) W- BLACK

THURSDAY

4:00 – 4:30 C & G Jrs
 4:30 – 5:00 P & Bl Jrs
 5:00 – 5:30 Br & R Jrs.
 5:30 – 6:15 Rec. & Dec. Jr. BLACK BELTS
 6:15 – 6:45 W, O, Y Jrs.
 6:45 – 7:15 W, O, Y Tiny Tigers
 7:15 – 8:00 ALL ADULTS (13 & UP)
 WHITE – BLACK BELTS
 (1 CLASS CREDIT)

FRIDAY

No Classes
 PRIVATE LESSONS
 BY APPOINTMENT ONLY

Tiny Tigers = Ages 4, 5, & 6 year olds
 Jrs. = Ages 7-12 year olds
 Adults = Ages 13 & up ONLY

SATURDAY

8:00 - 9:00 LEADERSHIP/GRAPPLING CLASS
 (AS ANNOUNCED)
 9:00 - 9:30 W, O, Y TINY TIGERS & JR'S
 9:30 - 10:15 WHITE - BLUE - SPARRING CLASS
 10:15 - 11:00 BROWN - BLACK
 11:00 - 11:45 XTREME/COMP – LEVEL 1
 11:45 - 12:15 XTREME/COMPETITORS ONLY
 12:15 - 1:00 ALL ADULTS (13 & UP) W-BLACK

XTREME = XMA & CREATIVE FORMS & WEAPONS

W=White, O=Orange, Y=Yellow, C=Camo, G=Green, P=Purple, Bl=Blue, Br=Brown, R=Red

This schedule is subject to change as class enrollments change. Changes will be posted and announced. Changes made will be to offer a better learning opportunity for the students. If you have any questions, please call:

McKinney 972-540-9515 or Allen: 972-396-9336 WEB ADDRESS: sustairesma.com