



2015 Class Schedule

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TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:45 – 4:30PM	ASP k-1* ASP 2-3rd*	ASP 4-5 th *	ASP k-1* ASP 2-3rd*	ASP 4-5 th *	ASP k-1* ASP 2-3rd*		
4:30 – 5:30PM	K-2 nd GRADE 3-5 th GRADE		K-2 nd GRADE 3-5 th GRADE		K-2 nd GRADE 3-5 th GRADE	K-2 nd GRADE 3-5 th GRADE	
5:30 – 6:30PM	Middle – High Competition	TEAM APEX 5:30-7:00pm	Middle – High Competition	TEAM APEX 5:30-7:00pm	Middle – High Poomse		BACK SIDE
6:30 – 7:30PM	Black Belt		Hyper		Black Belt		INSTRUCTOR APPROVAL REQUIRED
7:30 – 8:30PM	Adult Open Gym	7-8pm Middle – High Open Gym	Adult Open Gym	7-8pm Middle – High Open Gym	Adult Open Gym		

ASP- After School Program Taekwondo Class \$265/month

Team Apex – Sport/ Olympic Style Competition Classes \$15/month

2 week Trial Membership: \$30 includes shirt:
Unlimited access to age/skill level appropriate classes

All Traditional Classes \$110 per month 2 to 3 times per week to age/skill level appropriate classes. We recommend 3 per week.

ASP * - After School Program Elementary Traditional Taekwondo classes. Even week 4-5 grade Tues & Thurs. Odd week 4-5 grade Monday, Wed. & Fri.
Competition – Open to any students interested in our sport side of Taekwondo. No additional Charge. Requirement based on discipline. Instructor approval
Poomse – Class dedicated to learning sport poomse. No additional charge.
Team Apex – Olympic Style Competition Class. Gear requirement, tournament participation. Traveling sport team tryout required.
Hyper – open to any student interested in a demo class. Includes acrobatics, creative forms and weapons. Grades and discipline required
Open Gym – Open to anyone who wants to get in extra training. Discipline required. No instructor during this time.