

Fall Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
5:30-6:15 Beginner TKD	4:30-5:00 Tiny Tumblers/Small Samurai	5:30-6:15 Beginner TKD	4:30-5:00 Small Samurai	5:00-6:00* Sparring Class
5:30-6:30 Intermediate/Advanced TKD/Green Belt +	5:00-5:45 Youth TKD	5:30-6:30 Intermediate/Advanced TKD/Green Belt +	5:00-5:45 Youth TKD	6:00-7:00 Group Class
6:30-7:30 Adult TKD/16+	5:45-6:30* Conditioning Class	6:30-7:30 Adult TKD/16+	5:45-6:30* Conditioning Class	
	6:30-7:15 Adult Self-Defense/18+			
	7:15-8:00* Bo Class			

NEW ADDITIONS*

*These classes are add-on classes and are NOT part of normal tuition.
 Please see each Classes description for cost and information.

PRIVATE LESSONS

Private lessons are available from Brandon at the following times:

Monday/Wednesday 4:30-5:00 & 5:00-5:30

Friday 4:00-4:30 & 4:30-5:00

Classes must be booked in advance. More times may be available, please contact Brandon with any questions. Extra help is not just for test time. ANY student can benefit from one-on-one extra help.

Brandon is a fully sponsored competitor on the KRANE Tournament Circuit. He has been praised for his attention to detail, his speed and his general skill. His expertise can prove very rewarding.

COST: \$15.00/session \$10.00/Session if you book the month

SPARRING CLASS

You MUST have gear to attend this class. This is a no-nonsense, fast moving class focusing on matches and sparring drills. This does not replace a regular class and attendance will NOT be counted toward your next belt. Gear includes the following (EMA approved gear only): Head, Hands, Feet, Chest, Mouthguard, Cup (for males). Face cages are optional but recommended. No gear, no class– NO exceptions.

COST: \$30.00/Month \$10.00/Drop-In

CONDITIONING CLASS

Our conditioning class is a NO-NONSENSE workout. Push-ups, crunches, plyometrics, cardio. Everything designed to make our bodies stronger and faster. This class is also open to non-members (parents, siblings, friends) at a cost of \$65.00 per month or \$10.00 per class drop-in fee. No matter what sport you play, even if your sport is life, this class can make you better, stronger and faster as well as improve flexibility and co-ordination. *This class is also HIGHLY recommended for intermediate and advanced belts.*

Parents: I encourage you to give this a shot! Don't let it scare you! Work at your own pace and you'll STILL find your endurance, strength and stamina growing.

COST: \$50.00/Month-Student \$65.00/Month-Non-Student \$10.00/Drop-In

BO CLASS

Bo class will focus on teaching tournament style techniques of the staff. Brandon will be teaching full forms suitable for competition. However, even if you are NOT interested in competition, the forms are a fun and unique way to learn body movement and get some blood flowing. No Experience Necessary!

Non-members: this is a great LOW IMPACT way to exercise!

COST: \$30.00/Month-Student \$45.00/Month-Non-Student \$10.00/Drop-In