

CLASS SCHEDULE **BEMA**

	MON	TUE	WED	THU	FRI	SAT
AM 6:15 7:00	HAPKIDO All Rank <i>Rec. for 16 & Up</i>	IAIDO KUHAPDO (Sword)	HAPKIDO All Rank <i>Rec. for 16 & Up</i>	IAIDO KUHAPDO (Sword)		
PM 4:05 4:35	Little Eagles A All Rank <i>Rec. for 4-6</i>	TKD/HKD Introduction by Appointment	Little Eagles A All Rank <i>Rec. for 4-6</i>	TKD/HKD Introduction by Appointment	TKD/HKD Introduction by Appointment	8:30 – 09:50A YOUTH/ADULT SPARRING TEAM <i>Rec. for 14 & Up</i>
4:40 5:25	Team A Black Belt Club	Children TKD Beginner (White-Green) <i>Rec. for 7-11</i>	Team A Black Belt Club	Children TKD Beginner (White-Green) <i>Rec. for 7-11</i>	Team A Black Belt Club	
5:30 6:15	Children TKD Advanced (Red-Black) <i>Rec. for 7-11</i>	Children TKD Intermediate (Purple-Brown) <i>Rec. for 7-11</i>	Children TKD Advanced (Red-Black) <i>Rec. for 7-11</i>	Children TKD Intermediate (Purple-Brown) <i>Rec. for 7-11</i>	JUNIOR SPARRING TEAM	10:00 – 11:15A Adult/Family Taekwondo All Rank
6:20 7:05	Team B Black Belt Club <i>Rec. for 14 & Up</i>	Youth TKD All Rank <i>Rec. for 12-16</i>	Team B Black Belt Club <i>Rec. for 14 & Up</i>	Youth TKD All Rank <i>Rec. for 12-16</i>	Team B Black Belt Club <i>Rec. for 14 & Up</i>	
7:10 7:55	HAPKIDO Beginner (White-Green) <i>Rec. for 16 & Up</i>	Adult/Family Taekwondo All Rank	HAPKIDO Beginner (White-Green) <i>Rec. for 16 & Up</i>	Adult/Family Taekwondo All Rank	HAPKIDO Master Course	11:20 – 12:20P Little Eagles B All Rank <i>Rec. for 4-6</i>
8:00 8:45	HAPKIDO Intermediate (Purple-Brown) <i>Rec. for 16 & Up</i>	HAPKIDO Advanced (Red-Black) <i>Rec. for 16 & Up</i>	HAPKIDO Intermediate (Purple-Brown) <i>Rec. for 16 & Up</i>	HAPKIDO Advanced (Red-Black) <i>Rec. for 16 & Up</i>		

***Private Lessons are available** during weekdays and weekends, please contact us.

*Please come to **your own belt level and age group** for the best quality of training.

* **Please notify BEMA**, if you cannot attend class.

*Please arrive **at least 5 minutes prior** to class.

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