

	MON	TUE	WED	THU	FRI	SAT
4:10 4:50	<u>Black Belt Club</u> Team A	LITTLE EAGLES All Rank Rec. for 5-6	<u>Black Belt Club</u> Team A	LITTLE EAGLES All Rank Rec. for 5-6	<u>Black Belt Club</u> Team A	8:00-9:30AM Instructor Training by invitation only
4:55 5:40	CHILDREN TAEKWONDO INTERMEDIATE E (Purple-Brown) Rec. for 7-10	CHILDREN TAEKWONDO BEGINNER (White-Green) Rec. for 7-10	CHILDREN TAEKWONDO INTERMEDIATE E (Purple-Brown) Rec. for 7-10	CHILDREN TAEKWONDO BEGINNER (White-Green) Rec. for 7-10	TKD/HKD/KHD Introduction/ Private Lesson by Appointment	9:30-11:00AM KUHAPDO (SWORD/IAIDO) ALL RANK Rec. for 18 & Up
5:45 6:30	CHILDREN TAEKWONDO ADVANCED (Red-Deputy) Rec. for 7-10	YOUTH TAEKWONDO BEGINNER (White-Purple) Rec. for 11-15	CHILDREN TAEKWONDO ADVANCED (Red-Deputy) Rec. for 7-10	YOUTH TAEKWONDO BEGINNER (White-Purple) Rec. for 11-15	TKD/HKD/KHD Introduction/ Private Lesson by Appointment	Master Class Monthly 2nd Sat.
6:35 7:20	<u>Black Belt Club</u> Team B	YOUTH TAEKWONDO INTERMEDIATE E (Blue-Deputy) Rec. for 11-15	<u>Black Belt Club</u> Team B	YOUTH TAEKWONDO INTERMEDIATE E (Blue-Deputy) Rec. for 11-15	<u>Black Belt Club</u> Team B	Poomsae/ Self-Defense by Appointment
7:25 8:10	HAPKIDO BEGINNER Rec. for 16 & Up	7:25-8:25P ADULT TAEKWONDO All Rank Rec. for 16 & Up	HAPKIDO BEGINNER Rec. for 16 & Up	7:25-8:25P ADULT TAEKWONDO All Rank Rec. for 16 & Up	<u>SPARRING TEAM</u> <u>PRACTICE</u> YOUTH/BLACK BELT	TKD/HKD/KHD Introduction/ Private Lesson by Appointment
8:15 9:00	HAPKIDO INTERMEDIATE E Rec. for 16 & Up		HAPKIDO INTERMEDIATE E Rec. for 16 & Up			

***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.