

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

#### BLACK EAGLE MARTIAL ARTS

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