



ELITE TAEKWONDO

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Effective September 7th, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 6:00 Lil Dragons (1)	5:00 - 6:00 Children Advanced	5:30 - 6:00 Lil Dragons(1)	5:00 - 6:00 Children Advanced	Private Lessons	Private Lessons
6:00 - 6:30 Lil Dragons(2)	5:30 - 6:00 Lil Dragons(A)	6:00 - 6:30 Lil Dragons(2)	5:30 - 6:00 Lil Dragons(A)		
5:30-6:30 Children Beginner	6:00 - 7:00 SPARRING TEAM	5:30-6:30 Children Beginner	6:00 - 7:00 SPARRING TEAM	6:30-8:00 Black Belt Conditioning & Training	11:00 - 12:00 CHILDREN OPEN
6:30-7:30 Children Advanced	6:00 - 7:00 Children Beginner	6:30-7:30 Children Advanced	6:00 - 7:00 Children Beginner		
6:30-7:30 Private Lessons	7:00 - 8:00 ADULT/JR OPEN	6:30-7:30 Private Lessons	7:00 - 8:00 ADULT/JR OPEN	8:00 - 9:30 BRAZILIAN JIU JITSU	12:00 - 1:00 ADULT OPEN
7:30-8:30 ADULT/JR Open		7:30-8:30 ADULT/JR Open			
	8:00 - 9:30 BRAZILIAN JIU JITSU		8:00 - 9:30 BRAZILIAN JIU JITSU		1:00 - 2:00 Dynamic Kicking

- A - Promotion Preparation
- B - Kicking Training
- C - Pattern & Basic Movements
- D - Sparring Techniques
- E - Self-Defense/Falling Techniques
- F - Long Stretch, Breaking Technique & Target Sparring

- * Open- All Belts
- * Beginners- White to Green-Stripes
- * Advanced - Green to Black Belts
- * Gracie Combatives- 13yr and up
- * BJJ - 13yrs and up
- *Adult/Jr Open - 13yr and up

Instructor Reserves the right to change scheduled classes to meet students' needs.