



ELITE TAEKWONDO

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 Edmonton, Alberta
 (780) 413 - 4009
 elite-tkd.com

Effective June 19, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00-12:00 CHILD/ADULT OPEN		11:00-12:00 CHILD/ADULT OPEN			
6:30 - 7:30 CHILDREN OPEN	6:00 - 7:00 CHILDREN OPEN	6:30 - 7:30 CHILDREN OPEN	6:00 - 7:00 CHILDREN OPEN		
7:30 - 8:30 ADULT/JR OPEN	7:00 - 8:00 ADULT/JR OPEN	7:30 - 8:30 ADULT/JR OPEN	7:00 - 8:00 ADULT/JR OPEN	6:30-8:00 Dynamic Kicking	
	8:00-9:30 BRAZILIAN JIU JITSU		8:00-9:30 BRAZILIAN JIU JITSU	8:00-9:30 BRAZILIAN JIU JITSU	

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

* *Dynamic kicking class for Green Belt and above.*

Ground Combatives Have been Cancelled for the summer.

**Children Morning class does not begin until July 5th.

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