

Effective

November 13,2023



2961McDERMOTT Rd #300

Plano TX 75025

Call/Text (469) 873-3238

*** Students are required to come on time.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:45-5:15PM TIGER TOTS (Age 4-5)		4:45-5:25PM GREEN & UP TAEKWONDO	4:45-5:25PM WHITE & YELLOW TAEKWONDO	9:30-10:00AM TIGER TOTS (Age 4-5)
5:15-5:55pm WHITE & YELLOW TAEKWONDO	5:15-5:55pm GREEN & UP	5:15-5:55pm ALL BELT TAEKWONDO	5:25-5:55pm TIGER TOTS (Age 4-5)	5:25-6:05pm BOARD BREAKING All Belts	10:00-10:40AM ALL BELT TAEKWONDO
5:55-6:35pm GREEN & UP TAEKWONDO	5:55-6:35pm WHITE & YELLOW TAEKWONDO	5:55-6:25pm KRAV-MAGA & SELF DEFENCE FOR TKD	5:55-6:35pm WHITE & YELLOW TAEKWONDO	6:10-6:50pm SPARRING All Belts	10:40AM-12:00PM KRAV-MAGA
6:35-7:15pm KRAV-MAGA	6:35-7:15pm ALL BELT (+TEEN & ADULT)	6:25-7:05pm ALL BELT (+TEEN & ADULT)	6:35-7:15pm ALL BELT (+TEEN & ADULT)		1:00 - 2:30 pm B-DAY PARTY Call to schedule
7:15-7:55pm ALL BELT (+TEEN & ADULT)	7:15-8:30pm KRAV-MAGA	7:05-8:30pm KRAV-MAGA	7:15-8:30pm KRAV-MAGA		

IMPORTANT INFORMATION:

- * BBP(Black Belt Program) / LP(Leadership Program) / MP(Masters Program)
- * Students are required to come on time.
- * During Sparring Class and Sparring Testing, **protective gear is mandatory** for safety!
- * Please make appointments for Birthday Parties and Introductory lessons.
- * All individuals entering the studio will have their temperature taken.
- * **Bring A Friend to Friday(4:45-5:25pm) Class !!!**

Students are encouraged to bring a friend, to class on Fridays! This is a great way for students to show off their key-hap, breaking techniques, and much more while attending with friends and family.

<Sparring & Board Breaking Class>

► Sparring and Board Breaking classes are special classes only BBP & LP & MP members may attend. Please see the office on how to become a member!!!

► Need to buy boards who take a Board Breaking Class. (cash only)

1 Board = \$3.00

2 Boards = \$5.00

