



# ADIRONDACK TAEKWONDO

1593b Route 9  
Clifton Park, New York 12065  
373-0442 email: MY@AdirondackTKD.com  
[www.ADKTKD.com](http://www.ADKTKD.com)



## Schedule 2018

Effective Tuesday January 2, 2018

Class	Monday	Tuesday	Wednesday	Thursday	Friday
Adult Mixed Noon		12:00-12:45 pm		12:00-12:45 pm	
Grasshoppers 4-5 yr old	5:00-5:30 pm		5:00-5:30 pm		4:00-4:30 pm
Children Beginner White – H. Purple	3:30-4:15 pm		3:30-4:15 pm		
<i>Black Belt Club</i>	5:30-6:15 pm	CST Training 5:00-5:45 pm	5:30-6:15 pm	CST Training 5:00-5:45pm	
Children Mixed All belts welcome	4:15-5:00 pm 6:15-7:00 pm	3:30-4:15 pm 4:15-5:00 pm	4:15-5:00 pm 6:15-7:00 pm	3:30-4:15 pm 4:15-5:00 pm	4:30-5:15 pm
Family Taekwondo		5:45-6:30 pm		5:45-6:30 pm	5:15-6:00pm
C.S.T (Sport TKD)			7:45-8:30pm TBA in our eNewsletter		
Adult Classes Beginner & Advance	7:00-7:45 pm Beginners	7:00-7:45 pm Advanced	7:00-7:30pm Beginners 7:30-8:15pm Advanced	7:00-7:45 pm	
Focused Classes Open to all students		6:30-7:00 pm Review Forms		6:30-7:00 pm Review Forms *	
Demonstration & Action Team					6:00-6:45pm
Home Schooling				11:15am-12 noon	

Visit our website at [www.ADKTKD.com](http://www.ADKTKD.com)

- Please arrive 10 minutes early as our classes begin promptly.
- Our family classes are offered to both children and adults who are current members so they may enjoy Taekwondo with their families together.
- Creative Sport Taekwondo (CST) classes are structured for athletic development for all our students to further their Olympic Sparring skill sets. Full sparring gear is required for all Taekwondo classes and **is mandatory for CST classes.**
- Black Belt Club (BBC) classes are offered to children and adults and are for current BBC members only. Benefits & features of the BBC include: Intense workouts for intermediate and advanced students, board breaking, special Taekwondo uniform, prime Taekwondo class times and more.
- \* Thursday night's 6:30pm review forms class will include advanced Black Belt forms as well as color belts forms.
- Like us on Facebook – [www.Facebook.com/ADKTKD](http://www.Facebook.com/ADKTKD) eNewsletter: <http://amac.spiralive.com>