



ADIRONDACK TAEKWONDO

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www.ADKTKD.com



Fall Schedule 2019

Effective Thursday September 5, 2019

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	4:15-5:00 pm	5:30-6:15 pm	4:15-5:00 pm	
Children Mixed All belts welcome	4:15-5:00 pm 6:15-7:00 pm	3:30-4:15 pm 5:00-5:45 pm	4:15-5:00 pm 6:15-7:00 pm	5:00-5:45 pm	4:30-5:15 pm
Family Taekwondo		5:45-6:30 pm		5:45-6:30 pm	5:15-6:00 pm
Adult Classes	7:00-7:45 pm		7:00-7:45pm	7:00-7:45 pm	
Focused Classes Open to all students	7:45-8:15 pm Staff meeting	6:30-7:15 pm Form Training		6:30-7:00 pm Review Forms *	
Demonstration & Action Team		7:15-8:00 pm			
Home Schooling		11:15am-12 noon			

Visit our website at 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.
- 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 eNewsletter: <http://amac.spiralive.com>