



# 2020 CLASS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
9:30 AM All Belt Class		9:30 AM All Belt Class			9 - 10 AM Ashtanga Mysore	
					11:30 - 12:30 PM TKD & Hapkido	
					12:30 - 1:30 PM *Kubudo & Shotokan	
2:00 - 5:30 PM After School	2:00 - 5:30 PM After School	2:00 - 5:30 PM After School	2:00 - 5:30 PM After School	2:00 - 5:30 PM After School		
5:45 - 6:20 PM Beginners	5:45 - 6:20 PM Beginners	5:45 - 6:20 PM Beginners	5:45 - 6:20 PM Beginners	5:45 - 6:20 PM Beginners		
6:30 - 7:30 PM All Belt Class	6:30 - 7:30 PM All Belt Class	6:30 - 7:30 PM All Belt Class	6:30 - 8:00 PM Power Yoga			
7:30 - 8:30 PM Leaders Class	7:30 - 8:30 PM Yin Yoga	7:30 - 8:30 PM *Kubudo & Shotokan	8:00 PM Open Class			

\* Special invitation and equipment needed

Weekly Training Focus						
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Breaking	Poomse	Self-Defense	Sparring	Conditioning	Curriculum Review	Testing Review
Overcome Limitations	Self Expression	Confidence	Fitness	Champion Training	General	Preparation

Class Descriptions	
<b>Beginners:</b>	Intro class and White Belts and White Yellow Stripe
<b>All Belts:</b>	White with Yellow Stripe Belt to Black Belt Curriculum
<b>Yin Yoga:</b>	Gentle and slow way to increase flexibility in the connective tissues. Poses are held 3-5 min.
<b>Power Yoga:</b>	Improve balance, strength, and flexibility through a moderate yoga flow speed
<b>Ashtanga Mysore:</b>	Special style of Yoga where instruction is one-on-one within a group setting
<b>Leaders Class:</b>	Selected adults taking leadership training and becoming certified instructors and Examiners
<b>Shotokan:</b>	Train Shotokan Karate and Kubudo Weapon with Master Robertson for an additional fee

## Dojang Guidelines

We say "Tae Kwon" when we take Ready position

We bow with our hands at the sides quietly at the door, mats, flags, and each other.

Arrive 5 min early for class. If you are late, take a knee at the edge of the mats

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