



CLASS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
9:30 AM All Belt Class		9:30 AM All Belt Class	9:00 AM M Rob Priv Lesson	9:00 AM M Rob Priv Lesson	9 - 10 AM Ashtanga Mysore	
11:30 AM Master Robertson Priv Lesson	11:30 AM Master Robertson Priv Lesson	11:30 AM Master Robertson Priv Lesson			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 - 8:00 PM Power Yoga	6:30 - 7:30 PM All Belt Class			
7:30 - 8:30 PM Leaders Class	7:30 - 8:30 PM Yin Yoga		7:30 - 8:30 PM *Kubudo & Shotokan			

* 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	
Beginners:	Intro class and White Belts and White Yellow Stripe
All Belts:	White with Yellow Stripe Belt to Black Belt Curriculum
Private Training	Private training sessions with Master Rodney or Master Robin Robertson
Yin Yoga:	Gentle and slow way to increase flexibility in the connective tissues. Poses are held 3-5 min.
Power Yoga:	Improve balance, strength, and flexibility through a moderate yoga flow speed
Ashtanga Mysore:	Special style of Yoga where instruction is one-on-one within a group setting
Leaders Class:	Selected adults taking leadership training and becoming certified instructors and Examiners
Shotokan:	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

NOTE: Private classes in Tai Chi, Yoga, and martial arts are available upon request.

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