



# CLASS SCHEDULE

Updated: 5/2019

**Aliso Hills Taekwon-do**

27001 Moulton Pkwy, A106

Aliso Viejo, CA 92656-3626

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## FAMILY MARTIAL ARTS CENTER

### Little Dragons

(ages 3-6 yrs)

|                  | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday |
|------------------|-------------|-------------|-------------|-------------|-------------|----------|
| <b>All Belts</b> | 3:30 - 4:15 | 2:45 - 3:30 | 3:30 - 4:15 | 2:45 - 3:30 | 3:30 - 4:15 | --       |

### Juniors

(ages 7-11 yrs)

|                                    | Monday      | Tuesday            | Wednesday   | Thursday           | Friday      | Saturday |
|------------------------------------|-------------|--------------------|-------------|--------------------|-------------|----------|
| <b>Beginner &amp; Intermediate</b> | 4:30 - 5:20 | 5:30 - 6:20        | 4:30 - 5:20 | --                 | 4:30 - 5:20 | --       |
| <b>Intermediate &amp; Advanced</b> | 5:30 - 6:20 | 4:30 - 5:20<br>BBC | 5:30 - 6:20 | 4:30 - 5:20<br>BBC | --          | --       |

### Family

(ages 7 and up)

|                             | Monday      | Tuesday                      | Wednesday   | Thursday                   | Friday             | Saturday      |
|-----------------------------|-------------|------------------------------|-------------|----------------------------|--------------------|---------------|
| <b>All Belts</b>            | 6:30 - 7:20 | 3:30 - 4:20<br>6:30 - 7:20** | 6:30 - 7:20 | 3:30 - 4:20<br>6:30 - 7:20 | 6:30 - 7:20<br>BBC | 10:00 - 10:50 |
| <b>Sparring</b>             | --          | --                           | --          | 5:30 - 6:20                | 5:30 - 6:20        | --            |
| <b>Demo Team/Black Belt</b> | --          | --                           | --          | --                         | --                 | 11:00 - 11:50 |
| <b>Deputy Belts</b>         | --          | --                           | --          | --                         | --                 | 9:00 - 9:50   |

### Specialty Classes

|                             | Monday | Tuesday             | Wednesday | Thursday            | Friday      | Saturday            |
|-----------------------------|--------|---------------------|-----------|---------------------|-------------|---------------------|
| <b>Boot Camp Kickboxing</b> | --     | --                  | --        | --                  | --          | 8:00a - 8:50a<br>MC |
| <b>Mat Class</b>            | --     | 7:30p - 8:20p<br>MC | --        | 7:30p - 8:20p<br>MC | --          | --                  |
| <b>Demo Team</b>            | --     | --                  | --        | --                  | --          | 11:00 - 12:00p*     |
| <b>Black Belt Club</b>      | --     | 4:30 - 5:20         | --        | 4:30 - 5:20         | 6:30 - 7:20 | 11:00 - 12:30*      |

\*Black Belt class is once a month on the first Saturday of each month. Demo Team does not meet on the first Saturday of the month.

\*\*Adult Sparring class is every other month on the 1<sup>st</sup> Tuesday of the month.

\*\*\*Black Belt Club and Masters Club are for BBC & MC Members only.