



J.K. Lee Black Belt Academy - Fox Point 6838 N. Santa Monica Blvd
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Tae Kwon Do builds a strong mind, body, and spirit

Class Schedule - effective July 15, 2019

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Children's Low Belt White through Green Belt					
5:00-6:00	4:00-5:00	5:00-6:00	4:00-5:00	5:00-6:00	9:00-10:00 a.m.
Children's High Belt High Green through Black Belt					
4:00-5:00	5:00-6:00	4:00-5:00	5:00-6:00	5:00-6:00	10:00-11:00 a.m.
Kick Team / Skills Clinic					
4:45-5:00	5:45-6:00	4:45-5:00	5:45-6:00	Assistant Instructors 4:30-5:00	Assistant Instructors 8:15-9:00 a.m.
Adult and Family Low Belt White Belt through Green Belt					
6:00-7:00	7:00-8:00	6:00-7:00	Noon-1:00* 7:00-8:00	5:00-6:00	9:00-10:00 a.m.
Adult and Family High Belt High Green through Black Belt					
7:00-8:30	6:00-7:30 (7:00-7:30 Sparring)	7:00-8:30	Noon-1:00* 6:00-7:30	5:00-6:00 *Green thru High-Brown only	10:00-11:00 a.m.
Specialty Classes					
	7:30-8:00 Weapons (by Invitation) 8:00-9:00 Advanced Sparring (by invitation)		7:30-8:00 Black Belt only	6:00-7:00 Leadership / Masters only	11:00 a.m.-12:00 Sparring Class All Belt 11:00 a.m.-12:15 Adult Sparring only 12:00-1:15 Demo Team Practice

Reminder: ❖Bring ALL gear to every class. ❖Take off jewelry before class. ❖No chewing gum in class.
 ❖Be quiet before and after class. ❖Place shoes in cubbies. If wet, keep in foyer. ❖Keep uniforms clean.

*Noon class is for adults only; however, children may attend mid-June through mid-August. Open gym dates TBA