

Chun ma Tae Kwon Do Academy - Fairlawn Location

web-site: www.chunmaTKD.com

Effective Date: Monday, August 24, 2009

Phone: 330-867-3366

1. Please come to class 5 -10 minutes earlier - **MUST COME TO YOUR OWN CLASS TIME** (except family member)

2. Class schedule **can be changed (drop/add classes)** without notice depends on class size.

Private lessons are available only **by appointment with Master Jeon**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:40 - 11:25am Cardio Kick Boxing	Enjoy our Morning Exercise with our program combined cardiovascular and body toning while learning self-defense TKD techniques	10:40 - 11:25am Cardio Kick Boxing	Low Impact TKD Program (for age up to 80) is designed for all adult conditioning Fitness level includes self-defense & weapons (Cane & Nunchack)	Little TKD (for age 3 & 4) Kids age 3 & 4 are learning basic life skills - Discipline, behavior control, attention and developing motor skills and coordination	9:30 - 10:20am <i>Kick Boxing</i>
11:30 - 12:15 Low Impact TKD & TKD all Ranks		11:30 - 12:15 Low Impact TKD & TKD all Ranks			10:30 - 11:15am Beginner Kids All Ages
12:30 - 1:00pm Little TKD (Age 3, 4)	4:10 - 4:40pm <i>Little TKD</i> (Age 3, 4)	12:30 - 1:00pm Little TKD (Age 3, 4)			11:15 - 12:00pm <i>Intermediate Advance all age</i>
4:45 - 5:30pm Beginner Kids & Family	4:45 - 5:30pm <i>Intermediate & Advanced Kids</i>	4:45 - 5:30pm Beginner Kids & Family	4:45 - 5:30pm <i>Intermediate & Advanced Kids</i>	4:10 - 4:40pm <i>Little TKD</i> (Age 3, 4)	12:00 - 1:00pm <i>DEMO TEAM</i>
5:35 - 6:20pm <i>Intermediate & Advanced Kids</i>	(5:30 - 5:45pm) <i>Extra class for Jr. BBC</i>	5:35 - 6:20pm <i>Intermediate & Advanced Kids</i>	(5:30 - 5:45pm) <i>Extra class for Jr. BBC & BBClub</i>	4:55 - 5:40pm <i>Jr. BB Club Class</i>	1:30 - 3:30pm <i>Birthday party must be reserved 2 weeks in advance</i>
(6:20 - 6:35pm) <i>Extra class for Jr. BBC & BBClub</i>	5:50 - 6:35pm Beginner Kids & Family	(6:20 - 6:35pm) <i>Extra class for Jr. BBC & BBClub</i>	5:50 - 6:35pm Beginner Kids & Family	5:45pm - 6:35pm <i>BB Club Class</i>	
6:35 - 7:05pm <i>Little TKD</i> (Age 3, 4)	6:40 - 7:25pm BBC & Weapon	6:35 - 7:05pm <i>Little TKD</i> (Age 3, 4)	6:40 - 7:25pm YUDO class	6:35 - 7:00pm <i>Weapon Class BBC& up</i>	
7:05 - 7:55pm Teen and Adult Family	<i>Jr. BBC</i>	7:05 - 7:55pm Teen and Adult Family	7:25 - 8:15pm Teen and Adult Family	7:00 - 7:30pm <i>Masters Club</i>	
7:05 - 7:55pm <i>Kick Boxing</i>	8:00 - 8:45pm <i>Low Impact TKD</i>	7:05 - 7:55pm <i>Kick Boxing</i>	8:00 - 8:45pm <i>Low Impact TKD</i>		

0. Little Tae Kwon Do is for ages 3 and 4.

0. Beginner Kids are White (10th Gub), Yellow (9th Gub), Orange Belt (8th Gub)

0. Intermediate & Advance Ranks are Green (7th Gub), & Up

0. Monday & Tuesday, we have nunchak weapon lessons for 5 - 10 minutes at the end of each class.