



ALL-STAR

TAEKWONDO & FITNESS

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● TAEKWONDO ● HAPKIDO ● HOSHINSUL ● KUMDO ● YOGA

*INDOOR/OUTDOOR/VIRTUAL Class Schedule *

Starting September 8th, 2020 - REVISED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00AM-11:00AM ADULTS & Juniors (11 Years Old or Over)		10:00AM-11:00AM ADULTS & Juniors (11 Years Old or Over) [Asst. Intr. Chris]		10:00AM-11:00AM ADULTS & Juniors (11 Years Old or Over)	7:00AM-8:00AM ADULTS & Juniors (11 Years Old or Over)
4:00PM-5:00PM RED(1) to RED(4) ONLY	4:00PM-5:00PM YELLOW to YELLOW HIGH ONLY	4:00PM-5:00PM BROWN to RED ONLY	4:00PM-5:00PM GREEN to GREEN HIGH ONLY	4:00PM-5:00PM BLUE to BLUE HIGH ONLY	8:30AM-9:30AM Black Belts Class ONLY (ALL Levels)
5:30PM-6:30PM NO BELTS to WHITE HIGH ONLY	5:30PM-6:30PM GREEN to GREEN HIGH ONLY	5:30PM-6:30PM BLUE to BLUE HIGH ONLY	5:30PM-6:30PM NO BELTS to WHITE HIGH ONLY	5:30PM-6:30PM YELLOW to YELLOW HIGH ONLY	10:00AM-11:00AM Children/Juniors *ALL Ranks/Belts* Limit 10 Students ONLY
7:00PM-8:00PM BROWN to RED ONLY	7:00-8:00 DEMO Team Practice	7:00PM-8:00PM Black Belts Class ONLY (ALL Levels)	7:00PM-8:00PM RED(1) to RED(4) ONLY [Asst. Instr. Carol]	7:00PM-8:00PM Black Belts & Candidates Review	11:30AM-12:30PM Children/Juniors *ALL Ranks/Belts* Limit 10 Students ONLY
8:30PM-9:30PM ADULTS & Juniors (11 Years Old or Over)		8:30PM-9:30PM ADULTS & Juniors (11 Years Old or Over) [Asst. Instr. Ken]	8:30PM-9:30PM ADULTS & Juniors (11 Years Old or Over)	8:30PM-9:30PM ADULTS & Juniors (11 Years Old or Over) [Asst. Instr. Rich]	

⚠ Please Call or Text "Master Ed" the Day Before or the Day of Class to CHECK IN for Class Availability and Confirmation. Due to COVID-19 Safety Protocols, ALL INDOOR Classes are LIMITED to NO More than 10 Students! ALL Students are Subject to Wearing Face Coverings and Have Temperature Checks upon attending Class Sessions. ⚠

**** (ALL Classes on Schedule are Subject to Change) ****

● COMMITMENT ● DEDICATION ● HEALTH ● FITNESS ● FUN