

FORDS/WOODBRIDGE CLASS SCHEDULE

STUDENT PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Special Abilities						12:00 (BBC)
Tiny Tigers		5:30		5:30		10:30
Tiny Tigers BBC	6:00		6:15		5:30	11:30
Basic/Introduction to TKD	5:30		5:45		6:45	11:00
Black Belt Club/Master Club	6:30	6:00	6:45	6:00	6:00 spar	9:45
Leadership Program				6:45		
Adults	7:15	8:00	7:30	8:00	6:00 spar	9:00
Cardio Kick Boxing	8:15		8:15		8:15	

All members are expected to:

1. Arrive 5 minutes prior to scheduled classes
2. Have ALL equipment needed
3. Keep uniform neat, clean and odor free
4. Quietly prepare for class (do not disturb class in session)
5. Always show respect to your instructors and fellow students
6. Always be well-mannered, behave properly, and remind guest to do the same
7. Attend class on a regular and consistent schedule

8. Make arrangements with instructors for private make-up classes \$35 for 1/2 hour session (bought in pairs)
9. Show proper effort and spirit in the classroom
10. Practice and exercise at home for better results
11. Apply the LIFE SKILLS learned to your daily life
12. Develop and maintain a positive, well-disciplined attitude
13. Remind their fans not to disrupt class
14. Be picked up **INSIDE** a maximum of 15 minutes after class
15. Sponsor at least 1 new member each testing cycle

SPECIAL EVENTS:	Time	Participants
-Combat Sparring(Tuesday)	7:00	All Students with the Combat BME
-Sparring Class ALL Ranks(Friday)	6:00	White through Black belts
-Xtreme Competition Team(Friday)	7:15	Team Members only
-Leadership(Thursday)	6:45	Leadership only

White T-Shirts for females only

EFFECTIVE APRIL 3, 2012