



Ultimate Champion's Taekwondo



Grand Master SANG K. OH

U.S.A. National Collegiate Team Head Coach

5274 Merrick Road Massapequa, New York 11758

Tel.: (516) 795 - 1222 Website: [http:// www.championstk.com](http://www.championstk.com)

CLASS SCHEDULE Effective 2/15/08

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00 to 11:45		ADULT ALL BELT		ADULT ALL BELT		10:00-10:45 ADULT ALL BELT
12:15 To 1:00		CARDIO & LITTLE NINJAS (12:30-1:00)		CARDIO & LITTLE NINJAS (12:30-1:00)		10:50 – 11:35 ALL BELT BREAKING CLASS
3:00 to 6:00	PRIVATE LESSONS AVAILABLE BY APPOINTMENT ASK US ABOUT OUR AFTER SCHOOL MARTIAL ARTS PROGRAM WITH FREE TRANSPORTATION!					11:40-12:25 FAMILY CLASS
						
4:00 to 4:45	WHITE TO YELLOW	ORANGE TO PURPLE	WHITE TO YELLOW	ORANGE TO PURPLE	ALL BELT CLASS	12:25-12:55 WEAPONS B.B.C.
4:50 to 5:35	ORANGE TO PURPLE TIP	WHITE TO YELLOW	ORANGE TO PURPLE	WHITE TO YELLOW	LEADERSHIP CLASS L.P. 4:45 – 5:30	12:55 ~ 1:20 FUN CLASS
5:40 to 6:25	RED TO BLACK	RED TO BLACK	RED TO BODAN	RED TO BLACK	ADVANCED WEAPONS L.P. 5:30-6:00	TC™ TEAM CHAMPIONS Training & clinics available, inquire for times
6:30 to 7:15	TC™ TEAM CHAMPIONS	FAMILY CLASS	BLACK BELT	FAMILY CLASS	CHILDREN'S SPARRING B.B.C 6:00-6:45	 <p>WE DO EXCITING TKD BIRTHDAY PARTIES</p> <p>BOOK YOUR ULTIMATE CHAMPION'S TAEKWONDO PARTY TODAY !</p>
7:20 to 8:10	ADULT ADVANCED	ADULT BASIC	ADULT ADVANCED	ADULT BASIC	TC™ TEAM CHAMPIONS 6:45 – 7:30	
8:10 to 8:30	ADULT SPARRING B.B.C.	SELF DEFENSE CLASS B.B.C.	ADULT SPARRING B.B.C.	ADULT STAFF B.B.C.		

SCHOOL HOURS Monday- Friday: 11 AM to 9:00 PM Saturday: 9 AM to 2:00PM

A.M.P HOURS Monday- Friday: 3 PM to 6PM