

# Ultimate Champion's Tae Kwon Do

49-21 5th Ave. 2nd Fl. Brooklyn NY

718-436-KICK (5425)

[www.championstk.com](http://www.championstk.com)

Effective 1/1/10

| Time                        | Mon   | Tue                 | Wed  | Thu  | Fri                        | Sat   |
|-----------------------------|---|---------------------|--|--|----------------------------|---|
| 12:00-12:45PM               |   | Teen Adult Class    |  | Teen Adult Class   |                            | 10:00 - 10:45<br>All Belt Children  |
| 2:30-6:00 PM                | <b>After School Program</b><br>Pick-up Service • Homework • Tae Kwon Do • Discipline<br>Clean Healthy Atmosphere • Motivational Staff |                     |  |  |                            | 10:45 - 11:30<br>All Belt Breaking  |
| 4:00-4:45 PM<br>Child Class | White - Orange  | White - Orange      | Green - Black                              | White - Orange   | Green - Black              | 11:30 - 12:15<br>Teen Adult   |
| 4:45-5:30 PM<br>Child Class | B.B.C Sparring  | Green - Black       | White - Orange                             | All Belt Children  | White - Orange             | 12:15 - 1:15<br>Leadership Demo Training  |
| 5:30-6:15 PM<br>Child Class | <br>TEAM CHAMPIONS<br>Children                     | All Belt Form       | B.B.C Board Breaking                       | B.B.C Sparring   | All Belt Children          | 1:15 - 1:30<br>Leadership Weapons Training  |
| 6:15-7:00 PM<br>Child Class | All Belt Children   | B.B.C Form          | All Belt Children                          | <br>TEAM CHAMPIONS<br>Children | B.B.C. Ad. Kicking Weapons | <br>TEAM CHAMPIONS<br>B-Team & Above<br>With Invite Only |
| 7:00-7:50 PM<br>Adults Only | Family Class Beaking  | B.B.C. Teen & Adult | Teen Adult Self-Defense                    | Teen Adult   | Family Class               | 2:00 - 4:00<br>Birthday Parties Available   |
| 7:55-8:45 PM<br>Adults Only | B.B.C Teen Adult Sparring   | Teen Adult Form     | 8:00 to 8:30<br>B.B.C Teen / Adult Weapons | <br>TEAM CHAMPIONS<br>Adult    |                            |   |

## Note:

- 1) If you are unable to attend your regularly scheduled class, please call or see your Inst.
- 2) Please Attend only the classes your instructor has recommended for you.
- 3) When a student attends class more then recommended the membership will expire sooner.

Student's must be at the school 10 minutes before the class.