

Schedule Effective January 1st, 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		8:00-9:00am CONDITIONING Strength & Fitness		8:00-9:00am CONDITIONING Strength & Fitness		8:00-9:00am CONDITIONING Strength & Fitness
Private Instruction	Private Instruction	4:00-4:30 NINJA ALL-STAR Beginner Stripe Belts White & Yellow	Private Instruction	4:00-4:30 NINJA ALL-STAR Beginner Stripe Belts White & Yellow	Private Instruction ↓	Private Instruction
1:00-4:00 SPECIALTY WORKSHOPS  SELF DEFENSE  PRIVATE and GROUP TRAINING	4:00-4:40 BEGINNER White/Yellow Stripe/Yellow	4:00-4:40 NINJA ALL-STAR Green Stripe Belts & above	4:00-4:40 BEGINNER White/Yellow Stripe/Yellow	4:00-4:40 NINJA ALL-STAR Green Stripe Belts & above		10:00-11:00 SPARRING All Belts Skills & Drills
	4:45-5:30 INTERMEDIATE Green Stripe/Green/Blue Stripe	4:45-5:30 NEW STUDENT Basic Training	4:45-5:30 INTERMEDIATE Green Stripe/Green/Blue Stripe	4:45-5:30 NEW STUDENT Basic Training		11:00-12:00 ALL BELTS Weekly Review Class
	5:30-6:30 ADVANCED Blue Belt thru Black Belt	5:30-6:30 ALL BELTS OPEN TRAINING	5:30-6:30 ADVANCED Blue Belt thru Black Belt	5:30-6:30 ALL BELTS OPEN TRAINING		12:00-1:00 Open training
	6:30-7:15 ELITE CLUB TKD Self Defense Fitness INSTRUCTOR TRAINING	6:30-7:15 NEW STUDENT Basic Training	6:30-7:15 ELITE CLUB TKD Self Defense Fitness LEADERSHIP TRAINING	6:30-7:15 NEW STUDENT Basic Training		12:00-2:00 Private Instruction
	7:15-8:30 BLACK BELT and PRELIMINARY BLACK BELT	7:15-8:30 ALL BELTS ADULT OPEN TRAINING	7:15-8:30 ALL BELTS ADULT OPEN TRAINING	7:15-8:30 ALL BELTS ADULT OPEN TRAINING		



PEEWEEES (4-6)	BEGINNER	INTERMEDIATE	ADVANCED	ELITE
ALL STARS	WHITE BELT	GREEN STRIPE	BLUE BELT	BLACK STRIPE
ALL STRIPES	YELLOW STRIPE	GREEN BELT	RED STRIPE	PRELIMINARY 1,2,3
	YELLOW BELT	BLUE STRIPE	RED BELT	ALL BLACK BELT

### IMPORTANT TRAINING NOTES

- Arrive 5 minutes before class starts.
- Wear a clean and complete uniform to class.
- You must be in uniform to train. No exceptions.
- Karstadt TKD T-Shirts may be worn in class during warmer months.
- Students must stay on the workout floor for the entire class unless excused by the instructor.
- Advise the instructors in advance if you have an injury or need early dismissal.
- Practice at home 20 minutes every day. Ask your Instructor for training hints.
- To enter your training late, remain at the edge of the mats with your hand raised until called by the instructor. Then ask permission to enter.
- Please do not attempt to coach your child or get your child's attention during class unless it is an emergency.
- Filming is acceptable during classes.
- Class and event dates/times may be subject to change.

Grand Master Instructor David Karstadt ~ 9th Degree Black Belt  
Senior Instructor Vern Devlin ~ 5th Degree Black Belt

**KARSTADT TAEKWON-DO**

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

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