

Schedule Effective September 13th, 2021

SUN	MON	TUE	WED	THU	FRI	SAT
<b>** STRENGTH CLASS</b>		<b>7:30-8:30 SUMMER April -October</b>		<b>8:00-9:00 WINTER November-March **</b>		
		CONDITIONING Strength & Fitness		CONDITIONING Strength & Fitness		CONDITIONING Strength & Fitness
1:00-4:00 SPECIALTY WORKSHOPS  SELF DEFENSE  PRIVATE and GROUP TRAINING		3:00-3:30 <b>NEW STUDENT</b> by APPOINTMENT	3:00-3:30 <b>NEW STUDENT</b> by APPOINTMENT	3:00-3:30 <b>NEW STUDENT</b> by APPOINTMENT	By APPOINTMENT	10:00-10:30 <b>NEW STUDENT</b> by APPOINTMENT
	3:30-4:00 <b>NEW STUDENT</b> by APPOINTMENT	3:30- 4:00 <b>NEW STUDENT</b> by APPOINTMENT		3:30- 4:00 <b>NEW STUDENT</b> by APPOINTMENT		10:30-11:00 <b>BASIC TRAINING</b> Grade 10 - White Belt New Student Specific Training
	4:30-5:15 <b>BEGINNER</b> White Belt Yellow Stripe Yellow Belt	4:00-4:40 <b>NINJA SUPERSTAR</b> <i>HOMEWORK is DUE!</i>	4:30-5:15 <b>BEGINNER</b> White Belt Yellow Stripe Yellow Belt	4:00-4:40 <b>NINJA SUPERSTAR</b> <i>WORD OF THE WEEK!</i>		11:00-11:45 Sparring Skills and Drills
	5:30-6:30 <b>INTERMEDIATE ADVANCED/ELITE</b> Green Stripe Thru BLACK BELT	4:45-5:45 <b>INTERMEDIATE ADVANCED/ELITE</b> Green Stripe Thru BLACK BELT	5:30-6:30 <b>INTERMEDIATE ADVANCED/ELITE</b> Green Stripe Thru BLACK BELT	4:45-5:45 <b>INTERMEDIATE ADVANCED/ELITE</b> Green Stripe Thru BLACK BELT		11:45-12:30 Sparring Skills & Drills ~ Free Sparring ~
	6:30-7:00 <b>NEW STUDENT</b> by APPOINTMENT	5:45-6:30 <b>BEGINNER</b> White Belt Yellow Stripe Yellow Belt	6:30-7:00 <b>NEW STUDENT</b> by APPOINTMENT	5:45-6:30 <b>BEGINNER</b> White Belt Yellow Stripe Yellow Belt		
		6:30-7:45 All Belt <b>ADULT Training</b> Black Belt Training		6:30-7:45 All Belt <b>ADULT Training</b>		
				7:45-8:15 <b>LEADERSHIP</b>		



Members:  
**"ZOOM"**  
Code available at:  
**KARSTADT TAEKWONDO MEMBERS**  
Facebook page

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## IMPORTANT TRAINING NOTES

- Observe "SOCIAL DISTANCING" guidelines.
- Sanitize BEFORE and AFTER class.
- DO NOT attend class if experiencing a fever or cough.
- Arrive 5 minutes before class starts.
- Warm up while waiting for class to begin.
- Wear a clean and complete uniform to class.
- You must be in uniform to train. (Summer month exceptions)
- Karstadt TKD T-Shirts may be worn in class during warmer months (March-October).
- 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 and stretch 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.

**KARSTADT TAEKWON-DO**  
www.azkicks.com

**USA-UNIFIED TAEKWON-DO**  
www.usa-unifiedtaekwondo.com

1307 E Northern Ave Phoenix, AZ 85020 602-264-2300 Established 1986

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		CONDITIONING Strength & Fitness		CONDITIONING Strength & Fitness		CONDITIONING Strength & Fitness
1:00-4:00 SPECIALTY WORKSHOPS  SELF DEFENSE  PRIVATE and GROUP TRAINING	3:00-3:30 NEW STUDENT by APPOINTMENT	3:00-3:30 NEW STUDENT by APPOINTMENT	3:00-3:30 NEW STUDENT by APPOINTMENT	3:00-3:30 NEW STUDENT by APPOINTMENT	By APPOINTMENT	10:00-10:30 NEW STUDENT by APPOINTMENT
	3:45-4:15 NEW STUDENT by APPOINTMENT	3:30- 4:00 NEW STUDENT by APPOINTMENT		3:30- 4:00 NEW STUDENT by APPOINTMENT		10:30-11:00 BASIC TRAINING Grade 10 - <u>White Belt</u> New Student Specific Training
	4:30-5:15 BEGINNER White Belt Yellow Stripe Yellow Belt	4:00-4:40 NINJA SUPERSTAR <i>HOMEWORK is DUE!</i>	4:30-5:15 BEGINNER White Belt Yellow Stripe Yellow Belt	4:00-4:40 NINJA SUPERSTAR <i>WORD OF THE WEEK!</i>		11:00-11:45 Sparring Skills and Drills
	5:30-6:30 INTERMEDIATE ADVANCED/ELITE Green Stripe Thru BLACK BELT	4:45-5:45 INTERMEDIATE ADVANCED/ELITE Green Stripe Thru BLACK BELT	5:30-6:30 INTERMEDIATE ADVANCED/ELITE Green Stripe Thru BLACK BELT	4:45-5:45 INTERMEDIATE ADVANCED/ELITE Green Stripe Thru BLACK BELT		11:45-12:30 Sparring Skills & Drills ~ Free Sparring ~
		5:45-6:30 BEGINNER White Belt Yellow Stripe Yellow Belt	6:30-7:00 NEW STUDENT by APPOINTMENT	5:45-6:30 BEGINNER White Belt Yellow Stripe Yellow Belt		
		6:30-7:45 All Belt <u>ADULT Training</u> Black Belt Training	6:30-7:00 <i>LEADERSHIP and Instructor Meeting</i>	6:30-7:45 All Belt <u>ADULT Training</u>		



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Schedule Effective August 1st, 2021

SUN	MON	TUE	WED	THU	FRI	SAT
		7:30-8:30am CONDITIONING Strength & Fitness		7:30-8:30am CONDITIONING Strength & Fitness		7:30-8:30am CONDITIONING Strength & Fitness
<p>1:00-4:00 SPECIALTY WORKSHOPS</p> <p>SELF DEFENSE</p> <p>PRIVATE and GROUP TRAINING</p>	4:00-4:45 BEGINNER White Belt Yellow Stripe Yellow Belt	3:30- 4:00 NEW STUDENT by APPOINTMENT	4:00-4:45 BEGINNER White Belt Yellow Stripe Yellow Belt	3:30- 4:00 NEW STUDENT by APPOINTMENT	<p>Private Instruction</p> <p>↓</p> <p>Members: "ZOOM" Code available at: KARSTADT TAEKWONDO MEMBERS Facebook page</p> <p>Join our <b>facebook</b> PRIVATE GROUP - MEMBERS ONLY</p>	10:00-10:30 NEW STUDENT by APPOINTMENT
	4:45-5:30 INTERMEDIATE Green Stripe Green Belt Blue Stripe	4:15-4:55 Lil NINJAS HOMEWORK is DUE!	4:45-5:30 INTERMEDIATE Green Stripe Green Belt Blue Stripe	4:15-4:55 Lil NINJAS WORD of the WEEK!		10:30-11:00 BASIC TRAINING Grade 10 - White Belt New Student Specific Training
	5:30-6:30 ADVANCED/ELITE Blue Belt and Above	5:00-5:45 Green/Blue/Red/Black Advanced Training	5:30-6:30 ADVANCED/ELITE Blue Belt and Above	5:00-5:45 Green/Blue/Red/Black Advanced Training		11:00-11:45 Beginner Sparring Skills & Drills
	6:00-6:30 NEW STUDENT by APPOINTMENT	5:45-6:30 White/Yellow Open Training	6:00-6:30 NEW STUDENT by APPOINTMENT	5:45-6:30 White/Yellow Open Training		11:45-12:30 Advanced Sparring Skills & Drills
	6:30-7:10 BASIC TRAINING Grade 10 - White Belt New Student Specific Training	6:30-7:30 All Belt ADULT Training	6:30-7:10 BASIC TRAINING Grade 10 - White Belt New Student Specific Training	6:30-7:30 All Belt ADULT 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

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Schedule Effective January 1st, 2021

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
<p>1:00-4:00 SPECIALTY WORKSHOPS</p> <p>SELF DEFENSE</p> <p>PRIVATE and GROUP TRAINING</p>	<p><b>4:00-4:45</b> BEGINNER White Belt Yellow Stripe Yellow Belt</p>	<p><b>3:30- 4:00</b> NEW STUDENT by APPOINTMENT</p>	<p><b>4:00-4:45</b> BEGINNER White Belt Yellow Stripe Yellow Belt</p>	<p><b>3:30- 4:00</b> NEW STUDENT by APPOINTMENT</p>	<p>Private Instruction</p> <p>↓</p> <p>Members: "ZOOM" Code available at: KARSTADT TAEKWONDO MEMBERS Facebook page</p> <p>Join our <b>facebook</b> PRIVATE GROUP - MEMBERS ONLY</p>	<p><b>10:00-10:30</b> NEW STUDENT by APPOINTMENT</p>
	<p><b>4:45-5:30</b> INTERMEDIATE Green Stripe Green Belt Blue Stripe</p>	<p><b>4:15-4:55</b> Lil NINJAS HOMEWORK is DUE!</p>	<p><b>4:45-5:30</b> INTERMEDIATE Green Stripe Green Belt Blue Stripe</p>	<p><b>4:15-4:55</b> Lil NINJAS WORD of the WEEK!</p>		<p><b>10:30-11:00</b> BASIC TRAINING Grade 10 - White Belt New Student Specific Training</p>
	<p><b>5:30-6:30</b> ADVANCED/ELITE Blue Belt and Above</p>	<p><b>5:00-5:45</b> Blue/Red/Black Advanced Training</p>	<p><b>5:30-6:30</b> ADVANCED/ELITE Blue Belt and Above</p>	<p><b>5:00-5:45</b> Blue/Red/Black Advanced Training</p>		<p>11:00-11:45 White/Yellow/Green Training</p>
	<p><b>6:00-6:30</b> NEW STUDENT by APPOINTMENT</p>	<p><b>5:45-6:30</b> White/Yellow/Green Open Training</p>	<p><b>6:00-6:30</b> NEW STUDENT by APPOINTMENT</p>	<p><b>5:45-6:30</b> White/Yellow/Green Open Training</p>		<p>11:45-12:30 Blue/Red/Black Training</p>
	<p><b>6:30-7:10</b> BASIC TRAINING Grade 10 - White Belt New Student Specific Training</p>	<p><b>6:30-7:30</b> All Belt ADULT Training</p>	<p><b>6:30-7:10</b> BASIC TRAINING Grade 10 - White Belt New Student Specific Training</p>	<p><b>6:30-7:30</b> All Belt ADULT Training</p>		<p>12:30-1:00 ALL BELT SPARRING SKILLS</p>



## STUDIO HOURS

Mon-Thu    2-8pm

Sat            9-1pm

Private Instruction by Appointment

Enter Studio by Appointment ONLY

No Soliciting ♦ No Loitering