



Schedule Effective November 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
1:00-4:00 SPECIALTY WORKSHOPS SELF DEFENSE PRIVATE and GROUP TRAINING	4:00-4:45 BEGINNER White Belt Yellow Stripe Yellow Belt	3:45- 4:15 NEW STUDENT by APPOINTMENT	4:00-4:45 BEGINNER White Belt Yellow Stripe Yellow Belt	3:45- 4:15 NEW STUDENT by APPOINTMENT	Private Instruction  Members: "ZOOM" Code available at: KARSTADT TAEKWONDO MEMBERS Facebook page 	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 Blue/Red/Black Training	5:30-6:30 ADVANCED/ELITE Blue Belt and Above	5:00-5:45 Blue/Red/Black Training		11:00-11:45 White/Yellow/Green Training
	6:30-7:10 BASIC TRAINING Grade 10 - White Belt New Student Specific Training	5:45-6:30 White/Yellow/Green Training	6:30-7:10 BASIC TRAINING Grade 10 - White Belt New Student Specific Training	5:45-6:30 White/Yellow/Green Training		11:45-12:30 Blue/Red/Black Training
	7:15-7:45 NEW STUDENT by APPOINTMENT	6:30-7:30 All Belt ADULT Training	7:15-7:45 NEW STUDENT by APPOINTMENT	6:30-7:30 All Belt ADULT Training		12:30-1:00 SPARRING Coming Soon!

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

- 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. 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 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

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