



Academy of Life & Leadership Taekwondo Schedule

1710 Briargate Blvd #749, Colo. Springs, CO 80920 | www.family-taekwondo.com | ph: (719) 260-4700 | Effective FEB 2017

Tiny Tigers (3 to 4 yr) Class Schedule				
Monday	Tuesday	Wednesday	Thursday	Saturday
4:15 to 5:00 pm		4:15 to 5:00 pm		

LIL' DRAGONS (5 to 7 yr) Class Schedule				
Monday	Tuesday	Wednesday	Thursday	Saturday
11:00am to NOON	4:15 to 5:15 pm	5:00 to 6:00 pm	11:00am to NOON	9:45 to 10:45 am
5:00 to 6:00 pm	5:00 to 6:00pm (LD Intermediate Belts Can Stay to 6:30 pm)	5:45 to 6:45 pm	4:15 to 5:15 pm	11:00am to NOON
5:45 to 6:45 pm			5:00 to 6:00pm (LD Intermediate Belts Can Stay to 6:30 pm)	

White Belt / White SR Class Schedule				
Monday	Tuesday	Wednesday	Thursday	Saturday
11:00am to NOON	4:15 to 5:15 pm	5:00 to 6:00 pm	11:00am to NOON	11:00am to NOON
5:00 to 6:00 pm	5:45 to 6:45 pm	6:30 to 7:30 pm	4:15 to 5:15 pm	
6:30 to 7:30 pm			5:45 to 6:45 pm	

Beginner Belts Yellow / Orange Class Schedule				
Monday	Tuesday	Wednesday	Thursday	Saturday
11:00am to NOON	4:15 to 5:15 pm	5:00 to 6:00 pm	11:00am to NOON	9:45-10:45 am
5:00 to 6:00 pm	5:45 to 6:45 pm		4:15 to 5:15 pm	
			5:45 to 6:45 pm	

Int Belts Green/ Purple / Blue / Blue SR/ Brown Class Schedule			ADV Belts Brown SR/ Red/ Red SR Class Schedule	
Monday	Tuesday	Wednesday	Thursday	Saturday
4:15 to 5:15 pm	5:00 to 6:00 pm	4:15 to 5:15 pm	5:00 to 6:00 pm	9:45-10:45 am
5:45 to 6:45 pm	ADV 6:30 to 7:30 pm	5:45 to 6:45 pm	6:30 to 7:30 pm	
ADV 7:15 to 8:15 pm		ADV 7:15 to 8:15 pm		

Black Belt Class Schedule				
Monday	Tuesday	Wednesday	Thursday	Saturday
11:00am to NOON	6:30 to 7:30 pm	4:15 to 5:15 pm	11:00am to NOON	EC 1st Degrees 8:00 to 9:15am
4:15 to 5:15 pm	GMW 7:15 to 8:15 pm	7:15 to 8:15 pm	6:30 to 7:30 pm	EC 2/3rd Degrees 9:00 to 11:00 am
EC 2/3rd Degrees 9:00 to 11:00 am		EC 2/3rd Degrees 9:00 to 11:00 am		

Weapons Class Schedule				
Monday	Tuesday	Wednesday	Thursday	Saturday
		4:00 to 4:30 pm	4:00 to 4:30 pm	9:30 to 10:30 am
			7:30 to 8pm	

Elite Center / Spraining / Comp Teams Class Schedule				
Monday	Tuesday	Thursday	Friday	Saturday
6:30 to 8:30 pm Comp Team	Sparring 6:30 to 7:30 pm	Sparring 6:30 to 7:30 pm	5:00 to 6:00 pm Snap Dragons	
			6:00 to 8:00pm GospelTeam	