



# Academy Of Life & Leadership Taekwondo Schedule

1710 Briargate Blvd #749, Colo. Springs, CO 80920 | www.family-taekwondo.com | ph: (719) 260-4700 | Effective 20 Jan 2018

Mon	Tue	Wed	Thur	Fri	Sat
Belts	Belts	Program	Program	Teams	Make Up Classes
Specialty	Specialty	Specialty	Specialty	Specialty	Specialty

Programs			
Basic = 2x Week	BBC = 2xWeek & 1-2Specialty Classes	Leadership Club =2xWeek & 2-3Specialty Classes	Masters Club =2xWeek & unlimited Specialty Classes

## Morning Classes at Main Location

Time	Mon	Tue	Wed	Thur	Fri	Sat
9:00-10:00am						Specialty: Fitness/Sparring 9:00-10:00am
9:45-10:45am						Specialty Family Demo Class 9:45-10:45am
10:30-11:30am	White/Wht Sr. 10:30-11:30am			White/Wht Sr. 10:30-11:30am		Curriculum Make up Class 10:30-11:30am
11-12pm	Beg/Int/Adv 11-12pm			Basic Program 11-12pm		White/Wht Sr. 11:15-12:15pm
12-1:00pm	Black 12-12:30			Black Belt Club 11:45-12:30		Community Events 12:15-2pm

## Afternoon Classes at Main Location

Time	Mon	Tue	Wed	Thur	Fri	Sat
4-4:30pm		Jr. Black Belts 4-4:30pm	Specialty: BBC Fitness/Sparring 4-4:30pm	Jr. Black Belts 4-4:30pm		
4:15-5:15	Int/Adv/Blk 4:15-5:15pm	Yllw/Org 4:15-5:15pm	Black Belt Club Program 4:15-5:15pm	Basic Program 4:15-5:15pm		
5-6pm	Yllw/Org 5-6pm	Int/Adv 5-6pm	Basic Program 5-6PM	Black Belt Club Program 5-6pm		Activities:ie. Birthday Parties 3-4:30pm Call to Reserve
5:45-6:45pm	Int/Adv 5:45-6:45pm	White/Wht Sr 5:45-6:45pm	Black Belt Club Program 5:45-6:45PM	White/Wht Sr. 5:45-6:45pm		Special Activities 5-? Call to Reserve
6:30-7:30pm	Yllw/Org 6:30-7:30pm	Jr. Black Belts 6-6:30pm	Basic Program 6:30-7:30pm	Specialty: Sparring 6-6:30pm		Specialty Womens Class (SNAPDRAGONS) 5-6pm
		Black Belts 6:30-7:30pm		Black Belt Club Program 6:30-7:30pm		
7:15-8:15pm	Red Exec Adv/Blk 7:15-8:15pm	Black Belt w/GMW 7:15-8:15pm	Specialty : Competition Weapons 7:30-8pm	Leadership/Masters Club Program 7:30-8:15pm	1st & 3rd Friday Youth (15-26)Activity Night 8-9:30	

## Elite Location Classes

Time	Mon	Tue	Wed	Thur	Fri	Sat
5-6pm	Specialty: Competition Forms 5:15-6pm	Leadership/ Masters Club Program (Train w/Masters) 5:15-6:15pm	Specialty: 1st/3rd Fitness Training 2nd/4th Forms/Flexibility 5:15-6:15pm		Specialty: Competition Forms/Acro 4:30-5:15pm	1st degree Black Belt w/Master Gosnell 9-10am
6-8pm	Elite Karate Kid Teams 6-7pm	Adv Fitness Trng 6:30-7pm	2nd & 4th Wed Specialty: Warrior/Fitness/Acro: Himka/Bruns/ Doyon 6:30-8pm	Specialty: Competition Sparring 6:30-8pm	Specialty: Competition Breaking 5:15-6pm	2nd degree & up Black Belt w/Master Gosnell 10-11am
7-8pm	Elite Teams 7-9pm	Red Execs 7-8:30pm	1st & 3rd Wed Youth (10-14) Activity Night 6:30-8pm		Specialty: Fight Scenes 6-6:45pm	Specialty Acro/Tricking Beg Class 12-1pm
					Sr. Elite Training 4:30-8pm	Specialty Acro/Tricking Int Class 1-2pm



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Belts	Belts	Program	Program	Teams	Make Up Classes
Specialty	Specialty	Specialty	Specialty	Specialty	Specialty

Programs					
Basic = 2x Week	BBC = 2xWeek & 1-2Specialty Classes	Leadership Club =2xWeek & 2-3Specialty Classes	Masters Club =2xWeek & unlimited Specialty Classes		

## Tiny Tiger Little Dragons Morning Classes at Main Location

<u>Time</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>
10:30-11:00am				Tigers 10:30-11am		
11:00-12:00pm	Dragons 11-12pm			Dragons 11-12pm		Dragons Makeup 11:15-12:15pm
12:00-12:30pm						Specialty Coach Training 12-12:30

<b>Beg</b> <b>White- Org JR</b> <b>Belts</b>	<b>Int</b> <b>Orn-Green Belts</b>	<b>Adv</b> <b>Pur- Graduate</b>
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## Tiny Tiger Little Dragons Afternoon Classes at Main Location

<u>Time</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>
3:30-4:00pm	Tigers 3:30-4pm					
4:00-4:30pm			Specialty: Sparring 4-4:30pm			
4:15-5:15pm	Int/Adv 4:15-5:15pm	Beg 4:15-5:15pm	Graduate Club Program 4:15-5:15PM	Basic Program 4:15-5:15PM		
5:00- 6:00pm	Beg 5-6pm	Int/Adv 5-6pm	Basic Program 5-6PM	Graduate Club Program 5-6PM		
6:00-6:30pm				Specialty: Sparring 6-6:30pm		