



Academy Of Life & Leadership Taekwondo Schedule

1710 Briargate Blvd #749, Colo. Springs, CO 80920 | www.family-taekwondo.com | ph: (719) 260-4700 | Effective 6 Jan 2018

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

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

Morning Classes						
Time	Mon	Tue	Wed	Thur	Fri	Sat
9:00-10:00am						Elite: Fitness/Sparring 9:00-10:00am
9:45-10:45am						Elite 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		Elite Acro/Tricking Beg Class 12-1pm
1-2pm						Elite Acro/Tricking Int Class 1-2pm

Afternoon Classes						
Time	Mon	Tue	Wed	Thur	Fri	Sat
4-4:30pm			BBC Sparring			
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	Elite: Competition Breaking 4:30-5:15pm	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	Elite: Competition Acro/Gymnastics 5:15-6pm	Special Activities 5-? Call to Reserve
6:30-7:30pm	Yllw/Org 6:30-7:30pm	Black Belts 6:30-7:30pm	Basic Program 6:30-7:30pm	Black Belt Club Program 6:30-7:30pm	Elite: Competition Forms 6-6:45pm	
7:15-8:15pm	Red Exec Adv/Blk 7:15-8:15pm	Black Belt w/GMW 7:15-8:15pm	Elite : Competition Weapons 7:30-8pm	Leadership/Masters Club Program 7:15-8:15pm	Sr. Elite Training 4:30-8pm	
					Young Adult Night (13-25) 8-9:30pm	

Elite Location						
Time	Mon	Tue	Wed	Thur	Fri	Sat
5-6pm	Elite: Competition Forms 5:15-6pm	Leadership/ Masters Club Program (Train w/Masters) 5:15-6:15pm	Elite: Forms/Flexibility Training 5:15-6pm		Elite Womens Class (SNAPDRAGONS) 5-6pm	1st degree Black Belt w/Master Gosnell 9-10am
6-7pm	Elite Karate Kid Teams 6-7pm	Adv Fitness Trng 6:30-7pm	Elite: Team Fitness/Acro: Himka/Bruns/ Doyon 6-8pm	Elite: Competition Sparring 6:30-8pm	Elite: Competition Sparring 5:45-6:45pm	2nd degree & up Black Belt w/Master Gosnell 10-11am
7-8pm	Elite Teams 7-9pm	Red Execs 7-8:30pm	Elite: Team Fitness/Acro: Himka/Bruns/ Doyon 6-8pm	Elite: Competition Sparring 6:30-8pm	Elite Teams	



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Belts	Belts	Program	Program	Teams	Make Up Classes
Elite	Elite	Elite	Elite	Elite	Elite

Programs			
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Tiny Tiger Little Dragons Morning Classes						
<i>Time</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
10:30-11:00am				Tigers 10:30-11am		
11:00-12:00pm	Dragons 11-12pm			Dragons 11-12pm		Dragons Makeup 11-12pm
12:00-12:30pm						Specialty Coach Training 12-12:30

Beg White- Org JR Belts	Int Orn-Green Belts	Adv Pur- Graduate
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Tiny Tiger Little Dragons Afternoon Classes						
<i>Time</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
3:30-4:00pm	Tigers 3:30-4pm					
4:00-4:30pm		Jr. Black Belts 4-4:30pm	Specialty 4-4:30pm	Jr. Black Belts 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		Jr. Black Belts 6-6:30pm		Specialty 6-6:30pm		