



Academy Of Life & Leadership Taekwondo Schedule Citadel

750 Citadel Dr. East, Suite 2100, Colo. Springs, CO 80909 | www.family-taekwondo.com | ph: (719) 260-4700 | Effective 03 FEB 2018

| Mon | Tue | Wed | Thur | Fri | Sat |
|-------|-------|---------|---------|-----|-----------------|
| Belts | Belts | Program | Program | | Make Up Classes |

| 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 |
| 10:00-11:00am | | | | | | Beginners 10-11 am |
| 11-12pm | | | | | | Free Open Events 11-12pm |

| Afternoon Classes at Main Location | | | | | | |
|---|--------------------------|--------------------------|--------------------------|--------------------|--------------------------|-----|
| Time | Mon | Tue | Wed | Thur | Fri | Sat |
| 4:00-5:15pm | Beginners 4:15-5:15pm | Open Gym 4-5pm | Beginners 4:15-5:15pm | Open Gym 4-5pm | | |
| 5:15-5:45pm | Open Gym 5:15-5:45pm | Beginners 5-6pm | Open Gym 5:15-5:45pm | Beginners 5-6pm | | |
| 5:45-6:45pm | Beginners 5:45-6:45pm | Open Gym 6-6:30pm | Beginners 5:45-6:45pm | Open Gym 6-6:30pm | | |
| 6:00-6:30pm | | Beginners 6:30-7:30pm | | Open Gym 6-6:30pm | Beginners 6:30-7:30pm | |
| 6:30-7:30pm | Open Gym 6:45-8:00pm | Open Gym 7:30-8pm | Open Gym 6:45-8:00pm | Open Gym 7:30-8pm | | |
| 7:30-8:00pm | | Open Gym 7:30-8pm | | Open Gym 7:30-8pm | Open Gym 7:30-8pm | |