



# Academy Of Life & Leadership Taekwondo Schedule

1710 Briargate Blvd #749, Colo. Springs, CO 80920 | www.family-taekwondo.com | ph: (719) 260-4700 | Effective 01 Oct 2018

## Morning Classes at Main Location

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

## Afternoon Classes at Main Location

Time	Mon	Tue	Wed	Thur	Fri	Sat
4-4:30pm	Black Belts 4-4:30 pm		Specialty: BBC Fitness/Sparring 4-4:30 pm			Activities:ie. Birthday Parties 2-6 pm Call to Reserve
4:15-5:15	Int/Adv/Blk 4:15-5:15 pm	Beg 4:15-5:15 pm	Black Belt Club Program 4:15-5:15 pm	Basic Program 4:15-5:15 pm		
5-6pm	White/Wht Sr 5:00-6:00 pm	Int/Adv 5-6 pm	White/Wht Sr. 5:00-6:00pm	Black Belt Club Program 5-6 pm	Candidates and Elite teams 4-7pm	
5:45-6:45pm	Beg / Int Only 5:45-6:45pm	White/Wht Sr 5:45-6:45 pm	Basic Program 5:45-6:45 pm	White/Wht Sr 5:45-6:45 pm		
6:30-7:30pm	Adv 5:45-7 pm	Jr. Black Belts 6-6:30pm		Black Belt Club Program 6:30-7:30 pm		
7:15-8:30pm		Black Belts 6:30-7:30 pm	1st & 3rd Wed Youth Activity Night 6:45-8:15 pm	Specialty : Competition Weapons 7:30-8 pm		
		Black Belt w/GMW 7:15-8:15 pm				

## Elite Location Classes

Time	Mon	Tue	Wed	Thur	Fri	Sat
5-6pm	Specialty: ACRO 5:15-6 pm	2nd Deg (Train w/Masters) 5-6 pm			Specialty: Forms 4:30-5:15 pm	1st degree Black Belt w/Master Gosnell 9-10 am
6-8pm	Specialty: Forms / Audition Training 6-7 pm	Leadership/ Masters Club Program (Train w/Masters) 6:15-7:15 pm			Specialty: Musical Forms 5:15-6:00 pm	2nd degree & up Black Belt w/Master Gosnell 10-11 am
7-8pm	Elite Teams 7-9 pm	Adv Fitness Trng 6:30-7 pm		Red Execs Candidates 6:30-8:30 pm	Specialty: Breaking / Fight 6-6:45 pm	Specialty Acro/Tricking Beg Class 12-1 pm
						Specialty Acro/Tricking Int Class 1-2 pm

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## Tiny Tiger Little Dragons Morning Classes at Main Location

Time	Mon	Tue	Wed	Thur	Fri	Sat
11am-12:15pm				Tigers 11:30 am-12 pm		Dragons Makeup 11:15-12:15 pm
12-2pm	Dragons 1-2 pm			Dragons 1-2 pm		Specialty Training 12-12:30 pm



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

Time	Mon	Tue	Wed	Thur	Fri	Sat
3:30-4pm	Tigers 3:30-4 pm					
4:00-4:30pm		Graduate Club Program 4:00-4:30 pm	Specialty: Sparring 4-4:30 pm			
4:15-5:15pm	Int/Adv 4:15-5:15 pm	Beg 4:15-5:15 pm	Int Program Orn jr & Up 4:15-5:15 pm	Beg Program WH-Yellow 4:15-5:15 pm		
5:00- 6:00pm	Beg 5-6 pm	Int/Adv 5-6 pm	Beg Program WH-Yellow 5-6 pm	Int Program Orn jr & Up 5-6 pm		
6:00-6:30pm				Specialty: Sparring 6-6:30 pm		

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