



U.S. BLACK BELT *TaeKwonDo School*

726 Newman Springs Road NJ 07738 (Next to Retro Fitness)

USBLACKBELTNJ.COM

732-345-8033

Effective: 10/30/2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Private Lesson 3:30 - 4:00	Private Lesson 3:30 - 4:00	Private Lesson 3:30 - 4:00	Private Lesson 3:30 - 4:00	Private Lesson 3:30 - 4:00	Juniors White - Yellow 9:00 - 9:40
Juniors White - Yellow 4:30 - 5:10	Little Tigers White - Yellow 4:30 - 5:00	Juniors** Orange - Jr.Black 4:30 - 5:15	Little Tigers White - Yellow 4:30 - 5:00	Little Tigers White - Yellow 4:30 - 5:00	Juniors Orange - Jr.Black 9:45 - 10:25
Little Tigers White - Yellow 5:20 - 5:50	Juniors White - Yellow 5:15 - 5:55	Little Tigers White - Yellow 5:20 - 5:50	Juniors White - Yellow 5:15 - 5:55	Olympic Sparring* Juniors Orange-Purple 5:15 - 5:55	Little Tigers White - Yellow 10:30 - 11:00
1ST Dan Black* BBC** 6:00 - 6:45	Juniors** Orange - Purple 6:00 - 6:45	1ST Dan Black* BBC** 6:00 - 6:45	Juniors** Orange - Purple 6:00 - 6:45	Olympic Sparring* Juniors Purple - Jr.Black 6:00 - 6:40	Teens/Adults & Family (10+) White - JR.Black** 11:05 - 11:50
Juniors** Orange - Jr.Black 6:50 - 7:35	Juniors** Brown - Black 6:50 - 7:35	Juniors White - Orange 6:50 - 7:30	Juniors** Brown - Black 6:50 - 7:35	Olympic Sparring* All Black Belt 6:50 - 7:30	All Black Belt BBC** Weapon Class** 11:55 - 12:35
Instructor Club 2 nd Dan & Up ** 7:40 - 8:25*	Teens/Adults & Family (10+) White - Black** 7:40 - 8:25	Instructor Club 2 nd Dan & Up ** 7:40 - 8:25*	Teens/Adults & Family (10+) White - Black** 7:40 - 8:25	Leadership/Demo Team 7:40 - 8:25	Birthday Parties! 1:30 - 3:00
국	기	태	권	도	

* Sparring equipment required ** Weapons required **B B C = Black Belt Club** Please Arrive 5 Mins. Before class begins.

All students are to be respectful, bow to each other, and to keep quiet and wait patiently while other classes are in progress.



[Facebook.com/USBlackBelt](https://www.facebook.com/USBlackBelt)



[Youtube.com/USBlackBeltNJ](https://www.youtube.com/USBlackBeltNJ)