

*If you are **more than 10 minutes late** to class, you may only observe class. Thank you.



ELITEfitness TAEKWONDO

NEW

Class Schedule as of Monday, Sept. 12

3.5 to 5 years (little Cubs)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White, Orange, Yellow (Basic)	3:30 - 4:00	6- 6:30 <i>NEW</i>	5 - 5:30		3:30-4:00	9:30-10am

Children 5-12yrs (tigers)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White, Orange, Yellow (Basic)	4:45-5:30	3:30-4:15 or 6:30-7:15	5:30-6:15	4:15-5 or 6:30-7:15	4:00-4:45	<u>White, Orange, Yellow</u> @ 10 –10:45am <u>Low & High Green,</u> <u>Purple, Blue</u> @ 10:45 - 11:30am <u>Brown, Red, Black</u> @ 11:30am - 12:15pm
Yellow, Low & High Green (BBC)	4:00-4:45	(S) 4:30-5:15 or 6:30-7:15	(w) 3:30-4:15 or (S) 6:30-7:15	(S) 5-5:45 or 6:30-7:15	(w) 4:45-5:30	
Purple to Blue Stripe (BBC)	4:00-4:45	(S) 4:30-5:15 or 7:15 -8:00	(w) 3:30-4:15 or (S) 6:30-7:15	(S) 5-5:45 or 7:15-8	(w) 4:45-5:30 or (S) 6:45-7:30	
Brown, Red, R/B, Black (BBC)	5:45-6:30	(S) 5:15-6 or 7:15-8	(w) 4:15-5 or (S) 6:30-7:15	(S) 3:30-4:15 7:15-8	(w) 4:45-5:30 or (S) 6:45-7:30	

Adult, Teens, & Family	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White, Orange, Yellow (Basic)		6:30-7:15	5:30-6:15	6:30-7:15		<u>White, Orange, Yellow</u> @ 10 –10:45am <u>Low & High Green,</u> <u>Purple, Blue</u> @ 10:45 - 11:30am <u>Brown, Red, Black</u> @ 11:30am - 12:15pm
Yellow Low & High Green (BBC)		6:30-7:15	(S) 6:30-7:15	6:30-7:15	(S) 6:45-7:30	
Purple, Blue, Red, R/B, Blk (BBC)		7:15-8	(S) 6:30-7:15	7:15-8	(S) 6:45-7:30	
BLACK only (All Ages)	6:30-7:15			(S) 5:45-6:30	(w) 5:30 - 6:15	
Adults/Teens 12yrs+ (All Belts)	(A) 7:15-8		(A) 7:15-8 <i>NEW</i>			
CARDIO COMBAT (A) 12yrs+	Tuesdays @ 9:10-10am & Saturdays @ 8:20-9:10am					*must register for class

Other Classes/Programs	
RED/BLACK - Prepares students for black belt testing. Mandatory.	Fridays @ 6:15-6:45
PRIVATE LESSONS - Private or semi private lessons available.	See Office
Birthday Parties - Have your next birthday party here!	See Office

- (BBC)** = Black Belt Club
- (S)** = Sparring Class
- (w)** = Weapons Class
- (A)** = Adults/Teens 12yrs+, All Belts

2016 Color Belt

Test Schedule

*NO classes on test dates

Friday, February 26

Friday, April 22

Friday, June 17

Friday, August 12

Friday, October 7

Friday, December 9

2016 Black Belt

Test Schedule

*Regular class schedule

Saturday, Mar 26 @ 1:30pm

Saturday, June 25 @ 1:30pm

Saturday, October 29 @ 1:30pm

2016 CLOSED DATES

- President's Day - Feb. 15
- Memorial Weekend - May 28 & 30
- Independence Day - July 4
- Labor Day Weekend. - Sept 3 & 5
- Thanksgiving - November 24-27
- Winter - Dec. TBA

STUDENT CREED

1. I will obey my parents
2. I will clean my room
3. I will wear my seat belt
4. I will brush my teeth
5. I will always use good manners



BIRTHDAY PARTIES



Students are expected to:

1. Arrive 5-10 minutes prior to scheduled class.
2. If you are more than 10 minutes late you can only observe class.
3. Pull attendance card.
4. Keep uniform clean & neat. Only school uniform or school t-shirt with uniform pants are allowed in class.
5. Quietly sit and wait for their class. (do not disturb the class in session)
6. Always show respect to instructors and students.
7. Always show good manners and behave properly.
8. Attend class consistently each week.
9. Practice at home for better results.
10. Make arrangements in the office for makeup class
11. Memorize & apply Student Creed
12. Have fingernails cut and trimmed.

OTHER LOCATIONS ~ www.ildotkd.com



www.facebook.com/ildotaekwondoirvine

IL-DO Taekwondo Assoc.
14220 Culver Dr. Ste. D, Irvine
(949) 551-1800

Elite Fitness Taekwondo - Woodbury
6254 Irvine Blvd, Irvine
(949) 387-9888