



CHILDRENS CLASSES						WT/OR = White/Orange
Little Cubs (3.5 to 5.5 years)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White, Orange, Yellow ( <i>Basic</i> )	3:30 - 4:00	6:00-6:30		3:30-4:00		White & WT/OR Only 9:30 - 10:00am
Orange –Blue Stripe						Orange - Blue Stripe 10:00-10:30am

Tigers (5.5 - 12 years)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White, Orange, Yellow ( <i>Basic</i> )	4:45-5:30	3:30-4:15 6:30-7:15	5:00-5:45	4:45-5:30 6:30-7:15		10:30-11:15am White to Purple
Yellow to High Green ( <i>BBC</i> )	4:00-4:45	(S) 4:30-5:15 6:30-7:15	(W) 3:30-4:15 (S) 6:30-7:15	(S) 5:45-6:30 6:30-7:15	(W) 3:30-4:15 (S) 6:45-7:30	
Purple to Blue Stripe ( <i>BBC</i> )	4:00-4:45	(S) 4:30-5:15 7:15-8:00	(W) 3:30-4:15 (S) 6:30-7:15	(S) 5:45-6:30 (S) 7:15-8:00	(W) 3:30-4:15 (S) 6:45-7:30	11:15am-12pm Blue to Black
Brown to Black ( <i>BBC</i> )	5:45-6:30	(S) 5:15-6:00 7:15-8:00	(W) 4:15-5:00 (S) 6:30-7:15	(S) 4:00-4:45 (S) 7:15-8:00	(W) 4:15-5:00 (S) 6:45-7:30	
BLACK Belts	6:30-7:15		(S) 5:45-6:30		(W) 5:30-6:15 **5:00 or 6:15	

ADULT & TEENS CLASSES						
Adult & Teens (12yrs & older)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White to Yellow ( <i>Basic</i> )	(A) 7:15-8:00	6:30-7:15	(A) 7:15-8:00	6:30-7:15		10:30-11:15am White to Purple
Yellow to High Green ( <i>BBC</i> )	(A) 7:15-8:00	6:30-7:15	(S) 6:30-7:15 (A) 7:15-8:00	6:30-7:15	(S) 6:45-7:30	
Purple to Black ( <i>BBC</i> )	(A) 7:15-8:00	7:15-8:00	(S) 6:30-7:15 (A) 7:15-8:00	(S) 7:15-8:00	(S) 6:45-7:30	11:15am-12pm Blue to Black
Black Belts	6:30-7:15		(S) 5:45-6:30		(W) 5:30-6:15 **5:00 or 6:15	

BBC = Black Belt Club  
(S) = Sparring Class  
(W) = Weapons Class  
(A) = Adult & Teen Only

MANDATORY CLASS	
*RED/BLACK - Prepares students for black belt test. <b>Mandatory.</b>	Fridays @ 5:00-5:30
**BLACK (1st Dan Only) - Prepares students for their next belt test. <b>Mandatory.</b>	Fridays @ 6:15-6:45
**BLACK (2nd Dan & Above) - Prepares students for their next belt test. <b>Mandatory</b>	Fridays @ 5:00-5:30

## STUDENTS ARE EXPECTED TO:

1. Arrive 10 to 15 minutes prior to scheduled class.
2. If students are more than 10 minutes late to class, they can only observe the class.
3. Bow as you enter and leave the studio. Bow before you enter and exit the training floor.
4. Pull attendance card before the start of class
5. Keep uniforms clean.
6. Students must be sure to clip their fingernails and toenails.
7. Attend class on a regular and consistent basis.
8. Show proper effort and spirit in the classroom



**CONTACT THE OFFICE TO RESERVE YOUR  
NEXT BIRTHDAY!!**

### 2017 Color Belt

#### Test Schedule

\*NO classes on test dates

Friday, February 24

Friday, April 21

Friday, June 16

Friday, August 11

Friday, October 6

Friday, December 8

### 2017 Black Belt

#### Test Schedule

Saturday, Mar 25 @ 1:30pm

Saturday, June 24 @ 1:30pm

October-TBD

### SCHOOL CLOSED

- President's Day - Feb. 20
- Memorial Weekend - May 27 & 29
- Independence Day - July 4
- Labor Day Weekend. - Sept 2 & 4
- Thanksgiving - November 23-25
- Winter Break - Dec. TBA

### OTHER LOCATIONS ~ [www.elitefitnessstk.com](http://www.elitefitnessstk.com)

Elite Fitness Taekwondo - University Center  
4213 Campus Dr., Ste. P166C, Irvine  
Next to UCI, Trader Joe's & Focus Dance  
(949) 387-7225

Elite Fitness Taekwondo - Woodbury  
6254 Irvine Blvd, Irvine  
Near Trader Joe's  
(949) 387-9888