



2011 Fall Class Schedule

Freedom TaeKwon-Do Schools



#101 – 3845 15th Avenue, Prince George, B.C. V2N 1A4 Tel: (250) 564 2565 Fax: (250) 564-2565

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|--|--|
| | | Little Eagles 4-6 4:30-5:15 | Little Eagles 4-6 4:30-5:15 | | | |
| Breaking and Focus Practice & Sign Off 5:00 – 5:30 | | | | Breaking and Focus Practice & Sign Off 5:00 – 5:30 | | White Belt - Black Belt Mixed 10:00 – 11:00 BBC ONLY |
| Blue Belt - Black Belt ALL 5:30 -6:30 | White Belt - Green Stripe Kids 7-12 5:30 - 6:30 | Blue Belt - Black Belt ALL 5:30 -6:30 | White Belt - Green Stripe Kids 7-12 5:30 - 6:30 | Blue Belt - Black Belt ALL 5:30 -6:30 | White Belt - Green Stripe Kids 7-12 5:30 - 6:30 | Competition & Conditioning 11:00 – 12:00 BBC ONLY |
| Yellow Belt - Blue Stripe All 6:30 - 7:30 | Yellow Belt - Blue Stripe All 6:30 - 7:30 | Yellow Belt - Blue Stripe All 6:30 - 7:30 | Yellow Belt - Blue Stripe All 6:30 - 7:30 | Yellow Belt - Blue Stripe All 6:30 - 7:30 | Yellow Belt - Blue Stripe All 6:30 - 7:30 | Breaking and Focus Practice & Sign Off 12:00 – 12:30 |
| White Belt - Yellow Belt Adults 16+ 7:30 – 8:30 | Blue Belt - Black Belt ALL 7:30 – 8:30 | White Belt - Yellow Belt Adults 16+ 7:30 – 8:30 | White Belt - Yellow Belt Adults 16+ 7:30 – 8:30 | Blue Belt - Black Belt ALL 7:30 – 8:30 | Blue Belt - Black Belt ALL 7:30 – 8:30 | |

Notes

- Class Ranks are indicated to describe the focus of the particular class, not to restrict attendance.

For example: Monday, 7:30 – 8:30, White Belt – Yellow Belt. This class will focus on the course curriculum between White Belt and Yellow Belt, all other ranks are permitted in these classes; however, main focus will be oriented towards the indicated ranks. Other members will be able to review their earlier material or work on their own respective material.
- Black Belts and Black Belt Club Members are permitted to attend ANY class that is below, or equal to their rank, providing there is available space.
- Classes will be limited to 24 students. All students must register for two schedule classes per week. Any BBC members not registered in a particular class will be permitted to train so long as there is space available. In the event that the class is full, those excess BBC members will be asked to train in the second classroom on their own.
- The second classroom is open for individual practice, focus techniques and board breaking at any time, so long as there is no class in session in that room.

250-564-2565

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