



# 2011 Winter Class Schedule Freedom Taekwon-Do Schools



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Eagles White - Blue 1 4:30-5:15 SJD	Little Eagles Blue 2 - Red 2 4:30-5:15 SJD	Little Eagles Black 1+ 4:30-5:15 SJD	Little Eagles All 4:30-5:15 SJD			White Belt - Black Belt Mixed 10:00 – 11:00
	White Belt - Yellow Stripe Kids 7-12 5:00 – 6:00			White Belt - Yellow Stripe Kids 7-12 5:00 – 6:00		BBC ONLY Competition & Conditioning 11:00 – 12:00
Green Belt - Red Stripe ALL 5:30 – 6:30		Green Belt - Red Stripe ALL 5:30 – 6:30				BBC ONLY 1. Breaking / Focus 2. Black Belt Prep 12:00 – 1:00
	Yellow Belt - Blue Stripe 6:00 – 7:00			Yellow Belt - Blue Stripe 6:00 – 7:00		
White Belt - Green Stripe All Ages 6:30 – 7:30		White Belt - Green Stripe All Ages 6:30 – 7:30				
	White Belt - Blue Belt Adults 16+ 7:00 – 8:00			White Belt - Blue Belt Adults 16+ 7:00 – 8:00		
Red Belt - Black Belt IV 7:30 -8:30	Black Belt 8:00 – 8:30	Red Belt - Black Belt IV 7:30 -8:30		Black Belt 8:00 – 8:30		

1. **Class Ranks are indicated to describe the focus of the particular class. This class will focus on the course curriculum of the indicated ranks.**
2. **Black Belts and Black Belt Club Members are permitted to attend ANY class that is below, or equal to their rank, 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.**
3. **The second classroom is open for individual practice and board breaking at any time so long as there is no class in session in that room.**