2009 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
Classroom 1						
	Mini Eagles 4:00-4:30 *SJD* Little Eagles 4:30-5:15 *SJD*	Little Eagles 4:00-4:45 SJD White Belt - Yellow Stripe Kids 7-12 5:00 - 5:50	Mini Eagles 4:00-4:30 *SJD* Little Eagles 4:30-5:15 *SJD*	Little Eagles 4:00-4:45 SJD White Belt - Yellow Stripe Kids 7-12 5:00 - 5:50		White Belt - Black Belt Mixed 10:00 – 11:00 BBC ONLY Competition & Conditioning 11:00 – 12:00
	Green Belt - Red Stripe ALL 6:00 – 6:50	Yellow Belt - Blue Belt 6:00 – 6:50	Green Belt - Red Stripe ALL 6:00 – 6:50	Yellow Belt - Blue Belt 6:00 – 6:50		
	White Belt - Blue Belt All Ages 2 Classrooms 7:00 – 8:00	Red Belt to Black Belt 7:00 – 8:00 White Belt - Blue Belt Adults 16+ 8:00 – 9:15	White Belt - Blue Belt All Ages 2 Classrooms 7:00 – 8:00	Red Belt to Black Belt 7:00 – 8:00 White Belt - Blue Belt Adults 16+ 8:00 – 9:15		
Classroom 2						
	BBC Breaking & Focus Techs BBC Club Only 5:00 – 5:50		BBC SPARRING BBC Club Only 5:00 – 5:50			

Notes

1. *Class Ranks are indicated to describe the focus of the particular class, not to restrict attendance.*
   For example: Monday, 7:00 – 8:00, White Belt – Blue Belt. This class will focus on the course curriculum between White Belt and Blue 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.

2. *Black Belts and Black Belt Club Members are permitted to attend ANY class that is appropriate for their rank.*

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.*

www.FREEDOMTKD.ca