



United Tae Kwon Do Academy

Chapel Hill/Carrboro Schedule*

(919) 933-7778



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00-1:00 ALL BELTS (7 & up)		12:00-1:00 ALL BELTS (7 & up)		12:00-1:00 ALL BELTS (7 & up)	10:00-10:45 ALL BELTS (7 & up)	<p>*Classes and times are subject to change. Classes may run overtime. If you or your child needs to leave, please let us know.</p> <p><i>Note: Classes before 6pm are designed for children; those after 6pm, for adults. If you are under 10, and you have instructor's permission, you may join the later classes.</i></p>
4:00-4:30 Tiny Kickers (4-6 y/o)	4:00-4:45 Jr. Blue & Up (6-10 y/o)	4:00-4:30 Tiny Kickers (4-6 y/o)	4:00-4:45 White Belts Beginner's Class (7 & up)	4:15-5:30 Children's Sparring (7-12 y/o)	10:45-11:15 Tiny Kickers (4-6 y/o)	
4:30-5:15 Green & Under (7 & up)	4:45-5:30 White Belts Beginner's Class (7 & up)	4:30-5:15 Green & Under (7 & up)	4:45-5:30 Green & Under (7 & up)	5:30-6:15 White Belts Beginner's Class (7 & up)	11:15-11:45 Trial Class (7 & up)	<p>SCHEDULE EFFECTIVE</p> <p>Monday, Jan 30th 2012</p>
5:15-6:00 Blue & Up (7 & up)	5:30-6:00 Tiny Kickers (4-6 y/o)	5:15-6:00 Jr. Blue & Up (6-10 y/o)	5:30-6:00 Tiny Kickers (4-6 y/o)	6:15-7:00 ALL BELTS (10 & up)	11:45-1:00 Black Belt Class (8 & up)	
6:00-6:45 Green & Under (10 & up)	6:00-6:45 Green & Under (7 & up)	6:00-7:00 Blue & Up (10 & up)	6:00-6:45 Blue & Up (10 & up)	7:00-8:00 Sport Poomsae (10 & up)	1:00-3:30 Sport Tae Kwon Do (9 & up)	
6:45-7:30 Blue & Up (10 & up)	6:45-7:30 Blue & Up (10 & up)	7:00-8:00 All Belts Sparring (10 & up, with safety gear)	6:45-7:30 Green & Under (10 & up)			
7:30-8:30 All Belts Sparring (10 & up, with safety gear)	7:30-8:30 Fitness Kickboxing (16 & up)					