

Southlake Taekwondo and Karate for Kids

1101 E. SH 114, Suite 114 Southlake, TX 76092

www.southlakeata.com

817-442-8444, 817-312-0066

EFFECTIVE July 6th, 2010

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TINY TIGERS	All ranks	4:30 – 5:00	5:30 – 6:00		5:30 – 6:00		9:30 – 10:00 am
BLACK BELT CLUB	Juniors Wh/Or/Yel	5:00 – 5:30	5:00 – 5:30	5:00 – 5:30		5:30-6:00 Skills & Drills	10:00 – 10:45
	Juniors Camo - Red	6:30 – 7:00		6:00 – 6:30	6:00 – 6:30	5:30-6:00 Skills & Drills	10:00 – 10:45
	Juniors RB/Black	7:30 – 8:00	6:00 – 6:30	5:30 – 6:00	7:00 – 7:30	5:30-6:00 Skills & Drills	10:00 – 10:45
	Teens - All ranks (age 13 – 16)	8:00 – 8:45	7:00– 7:45	7:30 – 8:15	8:00 – 8:45		10:00 – 10:45
	Open Sparring Camo & up					6:30 – 7:30	
	Adults All Ranks	8:00 – 8:45	7:45 – 8:30	8:15 – 9:00	8:00 – 8:45		10:00 – 10:45
FITNESS		Core 6:00-6:30		Warrior XFit 6:30 – 7:00			
MASTER CLUB	Weapons Classes	Color Belt 5:30 – 6:00	Black Belt 6:30 – 7:00		Black Belt 6:30 – 7:00	Color Belt 5:00 – 5:30	
STATE CHAMP LEADERSHIP	Creative/XMA				7:30 – 8:00	6:00 – 6:30	
		Competition Team** 7:00– 7:30		Leadership Training 7:00-7:30			
INSTRUCTORS			8:30 – 9:00				
PRIVATE LESSONS	(appt required)	3:30 – 4:30	4:00 – 5:00	3:30 – 5:00		4:00 – 5:00 7:30 – 8:30	

*Please bring sparring gear and weapons to all classes

**Competition Team is for Leadership students actively competing in tournaments and pursuing competition points. Instructor permission is required for attendance.

SUPPORT OUR SPONSORS!

LendingEdgeMortgage
 Rich Hebert - Vice President
 817-485-4155 Office
 Email: Rich@RichHebert.com / www.RichHebert.com

Proud Sponsor of Southlake Taekwondo

Call Rich for all your Home Loan Needs!

- FHA
- VA
- Conventional
- Jumbo



- Purchases
- Refinancing
- Cash - Out Refinances

500 Grapevine Hwy, Suite 402 Hurst, TX 76054



Any way you look at it think big for print & signage 817-416-4341

Proud Sponsor of Southlake Taekwondo

All Batteries for Home & Business

From cell phone batteries to golf cart batteries we have the batteries you need

Tel: 817-488-6880

Proud Sponsor of Southlake Taekwondo

Lake Cities DENTAL
 happiness begins with a healthy smile...

SOUTHLAKE

Proud Sponsor of Southlake Taekwondo

Serious Security

- Residential & Commercial
- Video Surveillance
- Alarm Monitoring
- Access Control
- Hardware Installation

PROUD SPONSOR OF SOUTHLAKE TAEKWONDO
 MICHELE CLINE 817.501.3141