



Fredericksburg Dojang

Fall Schedule – Effective 09/01/2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A+ After School Program K-Middle School	Authentic TKD Classes	Transportation from School to Our Facility	Designated Homework Area	Structured Learning Environment	Personal Development, Confidence, Discipline	Now Registering!
Tiny Tigers All Belts (3,4,5 years old)	6:30 – 7:00 pm	4:00-4:30 pm	6:30 – 7:00 pm	4:00-4:30 pm		10:15-10:45 am
ELITE MEMBERS ONLY					Weapons 5:30 – 6:15 pm Forms 6:30 – 7:30 pm	Sparring 11:45 – 12:30 pm
Kids TKD All Belts (6-12 years old)	4:30 – 5:15 pm	4:30 – 5:15 pm	4:30 – 5:15 pm	4:30 – 5:15 pm	4:30 – 5:15 pm	
Family TKD Beginner No Belt – Gold St. (Ages 6 & Up)	6:30 – 7:15 pm	5:30 – 6:15 pm	6:30 – 7:15 pm	5:30 – 6:15 pm		9:30 – 10:15 am
Family TKD Intermediate Green – Blue Stripe (Ages 6 & Up)	5:30 – 6:15 pm	6:30 – 7:15 pm	5:30 – 6:15 pm	6:30 – 7:15 pm		10:45 – 11:30 am
Family TKD Advanced Brown Belt & Up	5:30 – 6:15 pm	6:30 – 7:15 pm	5:30 – 6:15 pm	6:30 – 7:15 pm		10:45 – 11:30 am
Black Belt Prep Red & Black Belt		7:30 – 8:00 pm		7:30 – 8:00 pm		10:45 – 11:45 am
Hapkido (Ages 12 & Up)	7:30 – 8:30 pm		7:30 – 8:30 pm			9:30 – 10:15 am
Family Judo/Jiu Jitsu (Ages 10 & Up)		7:30 – 8:30 pm 8:30 – 9pm Open Mat		7:30 – 8:30 pm 8:30 – 9pm Open Mat		

FIRST CLASS: MON / TUES / WED / THUR / FRI / SAT ____/____/____ @ ____ : ____

PLEASE CALL IF YOU NEED TO RE-SCHEDULE: 540-752-0707

WE ALSO OFFER PRIVATE LESSONS, CHILDREN'S BIRTHDAY PARTIES, & SUMMER CAMPS