

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LITTLE TIGERS MON-FRI (ALL BELT) SAT (BELT LEVEL)	1:30pm - 2pm 4:50pm - 5:20pm 6:10pm - 6:40pm	3:30pm - 4pm 6:20pm - 6:50pm	1:30pm - 2pm 3:30pm - 4pm 5:30pm - 6pm	3:30pm - 4pm 6:20pm - 6:50pm	1:30pm - 2pm 3:20pm - 3:50pm	WHT, WHT/GREEN, WHT/BLUE, WHT/RED 10am - 10:30am NO, WHT/ORG, YEL, YEL/BLK 11:30m - 12pm
JUNIOR TIGERS 40 min Session	NO,WHT,YEL 3:20pm - 4pm	NO, WHT, YEL 5:30pm - 6:10pm	NO, WHT, YEL 6:10pm - 6:50pm	NO, WHT, YEL 4:10pm -4:50pm		NO, WHT, YEL 10:40am - 11:20pm
		ORG,GRN,BLUE 4:50pm - 5:30pm	ORG,GRN,BLUE 4:10pm - 4:50pm	ORG,GRN,BLUE 5pm - 5:40pm	ORG, GRN, BLUE 6:10pm - 6:50pm	ORG, GRN, BLUE 12:10pm -12:50pm
	PUR,H.PUR,RED,BRN 4:10pm - 4:50pm		PUR,H.PUR,RED,BRN 4:50pm - 5:30pm	PUR,H.PUR,RED,BRN 5:40pm - 6:20pm	PUR,H.PUR,RED,BRN 5:30pm - 6:10pm	PUR,H.PUR,RED,BRN 12:50pm -1:30pm
JR.BLACK BELT	6:40pm - 7:20pm	4:10pm - 4:50pm		7pm - 7:40pm	4pm - 4:40pm	12:50pm -1:30pm
BLACK BELTS	5:30pm - 6:10pm	4:10pm - 4:50pm		7pm - 7:40pm	4pm - 4:40pm	12:50pm -1:30pm
TEEN & ADULTS	ALL BELTS 7:20pm - 8:20pm	ALL BELTS 7:40pm -8:30pm	ALL BELTS 7pm - 7:50pm	ALL BELTS 7:40pm - 8:30pm		ALL BELTS + FAMILY 9am - 10am
SWAT/DEMO TEAM					6:50PM - 7:40PM	
G.O.L.D. TIGERS		7PM -7:40PM				
SPARRING CLASS	Yellow Belts and up can participate in sparring. Please ask our staff for participation.				4:40pm - 5:30pm	
SPECIAL CLASSES	*APEX TIGERS EQUIPMENT ONLY*					
	PRIVATE LESSONS AVAILABLE MONDAY ~ SATURDAY					BOOK YOUR SPECIAL BIRTHDAY PARTY @ APEX TIGERS Ask our staff for information
DOJANG BASIC RULES				DOJANG ETIQUETTE		
<ul style="list-style-type: none"> * Students Must Arrive On Time For Class and Picked up On Time. * Make-up & Extension Sessions are valid only with prior written notice. * Students should kneel down by classroom entrance to ask permission to enter if they are late for a class. * Students must attend two classes a week. * Students must bring sparring gear on sparring week (ATMA gear only) * All Black Belts & Jr. Black Belts must bring sparring class to every class. * If nursing an injury, please notify instructors before class begins. <p>We can often work around certain injuries, but we need to know about them.</p> <ul style="list-style-type: none"> * Masters/instructors/schedules may change without notice. * Belt certification fees are extra. * Students are required to attend their current belt ranking classes only. 				<ul style="list-style-type: none"> * It is NEVER appropriate to pull your child out or yell into class to coach them. This disrupts the class, embarrasses your child, and shows a total lack of respect for Masters & Instructors. *The waiting area is not a playground. There is no running and all children in the waiting area need to be seated and accompanied by an adult. *If you need to pull your child out of class, please talk to our staff to help you. *Do not bring your child to class if they are running a fever or are contagious. *Please keep the waiting area clean and pick up after yourself. *Students may not be accepted to class if late more than 10 minutes. *No food is allowed in the waiting area.Please keep the waiting areas clean. <p>These guidelines are in place to make sure that TKD remains a safe and positive experience for all members.</p>		