

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY (CHECK BELT LEVELS)
LITTLE TIGERS All Belt Levels 30 min Session	1:30PM 3:30PM 6:00PM	3:30PM 4:00PM	1:30PM 3:30PM 5:30PM	3:30PM 6:00PM	1:30PM 3:30PM	NO, WHT/GRN, WHT/RED, YELL 10:00AM - 10:30AM WHT, WHT/ORA, WHT/BLUE, YELL/BLK 10:30AM - 11:00AM
JUNIOR TIGERS 40 min Session	NO, WHT, YEL, ORA 5:20PM - 6:00PM	NO, WHT, YEL, ORA 5:50PM - 6:30PM		NO, WHT, YEL, ORA 4:00PM - 4:40PM	NO, WHT, YEL, ORA 4:00PM - 4:40PM	NO, WHT, YELL, ORA & GRN 11:00AM - 11:40AM
	GREEN, BLUE, PURPLE, H/P 4:00PM - 4:40PM	GREEN, BLUE, PURPLE, H/P 4:30PM - 5:10PM		GREEN, BLUE, PURPLE, H/P 5:20PM - 6:00PM	GREEN, BLUE, PURPLE, H/P 4:40PM - 5:20PM	BLU, PUR, H/P, RED & BROWN 11:40AM - 12:20PM
	RED, BROWN, JR. BLACK 4:40PM - 5:20PM	RED, BROWN, JR. BLACK 5:10PM - 5:50PM			RED, BROWN, JR. BLACK 5:20PM - 6:00PM	JR. BLACK AND ALL JR. BLACK STRIPES 12:20PM - 1:00PM
JR. BLACK BELT (STRIPES ONLY)	6:30PM - 7:10PM		7:00PM - 7:40PM	4:40PM - 5:20PM	6:00PM - 6:40PM	12:20PM - 1:00PM
TEEN TIGERS	8:00PM - 8:50PM		7:40PM - 8:30PM	8:00PM - 8:50PM		9AM - 10AM
ALL BLACK BELT	7:10PM - 8:00PM	6:30PM - 7:20PM		6:30PM - 7:10PM		1:00PM - 1:40PM
ADULT TIGERS	8:00PM - 8:50PM		12:00PM - 1:00PM 7:40PM - 8:30PM	8:00PM - 8:50PM	12:00PM - 1:00PM	9AM - 10AM (Adult and Family)
TEAM ATMA POOMSAE			4:00PM - 5:30PM		6:40PM - 7:40PM	Any additional event/training sessions
TEAM ATMA SPARRING			6:00PM - 7:00PM		7:40PM - 9:00PM	will be announced via TEAMSNAPE/TEAM EMAIL
SWAT/DEMO TEAM				7:10PM - 8:00PM		BOOK YOUR SPECIAL BIRTHDAY PARTY @APEX TIGERS <i>*See Our Staff For More Details*</i>
SPARRING CLASSES	Yellow belt and up can participate in Sparring Class during Sparring Week. ATMA Sparring Equipment Only.					
SPECIAL CLASSES		*G.O.L.D TIGERS* 7:20PM - 8:00PM			*G.O.L.D TIGERS* 4:30PM - 6PM	

DOJANG BASIC RULES	DOJANG ETIQUETTE
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| <ul style="list-style-type: none"> * Students Must Arrive On Time For Class. * 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're late. * 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 gear to every class. * If your child is injured, you need to tell instructors before class begins. <p>Often, we can work around certain injuries but we need to know about them.</p> <ul style="list-style-type: none"> * Masters/instructors/schedule may change without notice. * Belt certification & Event fees are extra. * Any membership changes/cancellations/upgrade requires 30 days written notice. | <ol style="list-style-type: none"> 1. 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 It's rather best to encourage them. 2. If your child is not in a class, parents need to make sure they are not disrupting other classes. Courtesy is one of the TKD tenets. We expect all parents to enforce this. 3. If you need to pull your child out of class, please talk to our staff to assist you. 4. Do not bring your children to class if they are running a fever or are contagious. 5. Absolutely No Running/Loud conversation in the waiting area. 6. Food is not allowed in the waiting area. These guidelines are in place to make sure that TKD remains a safe and positive experience for everyone. 7. Toys are not allowed on the floor. |
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PLEASE VISIT WWW.APEXTIGERS.COM TO VIEW BELT TEST SCHEDULE/CEREMONY, MONTHLY EVENTS, CALENDAR & UPDATES!!!