



KING TIGER™

TAE KWON DO

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------|---------------------------------|-----------------------------|---------------------------------|--|------------------------------------|
| Shin Kickers 5:00 - 5:30 | Adv Beginners 5:00 - 5:35 | Shin Kickers 5:00 - 5:30 | Adv Beginners 5:00 - 5:35 | Private Lessons | 11:00 - 12:00 PM Sparring Class |
| Exit and Clean | Exit and Clean | Exit and Clean | Exit and Clean | Break | |
| Beginners 5:45 - 6:20 | Intermediate 5:45 - 6:20 | Beginners 5:45 - 6:20 | Intermediate 5:45 - 6:20 | Private Lessons | |
| Exit and Clean | Exit and Clean | Exit and Clean | Exit and Clean | * Be on time for class. * Be dressed before class starts. * Use the restroom before or after class. * No food, drinks, or shoes on the mats. | |
| Advanced 6:30 - 7:10 | Adv Intermediate 6:30 - 7:10 | Advanced 6:30 - 7:10 | Adv Intermediate 6:30 - 7:10 | | |
| Exit and Clean | Exit and Clean | Exit and Clean | Exit and Clean | | |

King Tiger Belmont strongly suggests that before starting any exercise program you have a physical by a physician and discuss with him/her your exercise intentions.

| Shin Kickers | Beginners | Adv Beginners | Intermediate | Adv Intermediate | Advanced |
|--|-------------------------------------|--|---|--|---|
| White Belt White with Orange Stripe White with Green Stripe White with Blue Stripe White with Purple Stripe White with Red Stripe White with Black Stripe (Once a week) | White Belt White with Red Stripe | White with Black Stripe White with Yellow Stripe Yellow with White Stripe Yellow Belt | Yellow with Black Stripe Yellow with Green Stripe Green with White Stripe Green Belt | Green with Black Stripe Green with Blue Stripe Blue with White Stripe Blue Belt | Blue with Red Stripe Red Belt Red with Black Stripe Black Belt |