






# Master Frank's Taekwondo Academy

305.229.5272

Winter and Fall Schedule 2009-2010

"Home of the Jr. Olympic Champions"



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30-5:30 Level 1 (White Belt Only)	4:00-5:00 5 yrs & Under	4:30-5:30 Level 1 (White Belt Only)	4:00-5:00 Level 1 (White Belt Only)	Wear your favorite TMF Shirt every Saturdays & the first week of each month. 	9:30-10:30 Level 1 (White Belt Only)
5:30-6:30 Level 2 (Yellow-Brown) Non-Team Members	5:00-6:00 Level 1 & Level 2 (Sparring) Non-Team Members	5:30-7:30 Level 3 & Level 4 (Sparring) Team Members ONLY	5:00-6:30 Level 3 Gold-Blue Belt Team Members Only TECHNICAL		10:30-12:30 Level 3 & Level 4 Team Members Only
6:30-8:00 Level 3 Gold-Blue Belt (Team Members Only) TECHNICAL	6:00-8:00 Level 5 (2010 US Open Team) 	7:30-8:30 Level 2 (Yellow-Brown) Non-Team Members	6:30-8:00 Level 4 Red-Black Belts Team Members Only TECHNICAL	6:30-7:30 Level 1 (White Belt Only)	Private Class Available Friday/ Saturdays 
8:00-9:00 Adults	8:00-9:00 Adults	8:30-9:30 Adults	8:00-9:00 Women/Parents Self Defense/Aerobics No Uniform Needed	7:30-8:30 Level 2 (Yellow-Brown) Non-Team Members	

Student/Parent Information	Reminders
Level 1: White Belts	1. Monthly Class Payment must be paid the 1 <sup>st</sup> of each month to enter the training floor.
Level 2: Yellow-Brown Belt (Non-Team Member)	2. Attend only class based on belt and team assignment.
Level 3: Gold-Blue Belt (Team Member Only)	3. No parent's allowed in class unless you are a student w/uniform.
Level 4: Red-Black Belt (Team Member Only)	4. Arrive 5-10 mins before each class.
Level 5: US Open Team (by Invitation ONLY)	5. If you plan to miss class, you must notify the school the same day.
*ALL Team members must attend class regularly & train based on a 12 mths cycle including the 3 wks Intense Summer Camp. (No Exception)	