



# 2010 Winter Class Schedule Freedom TaeKwon-Do Schools



#101 – 3845 15<sup>th</sup> Avenue, Prince George, B.C. V2N 1A4 Tel: (250) 564 2565 Fax: (250) 564-2565

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## Classroom 1

Little Eagles 1 4:30-5:15 SJD	Little Eagles 2 4:00-4:45 SJD	Little Eagles 1 4:30-5:15 SJD	Little Eagles 2 4:00-4:45 SJD	White Belt - Black Belt Mixed 10:00 – 11:00 BBC ONLY Competition & Conditioning 11:00 – 12:00
	White Belt & Yellow Stripe Kids 7-12 5:00 - 5:50		White Belt & Yellow Stripe Kids 7-12 5:00 - 5:50	
Green Belt - Black Belt ALL 6:00 – 6:50	Yellow Belt - Black Belt ALL 6:00 – 6:50	Green Belt - Black Belt ALL 6:00 – 6:50	Yellow Belt - Black Belt ALL 6:00 – 6:50	
White Belt - Black Belt All Ages 7:00 – 8:00	White Belt - Back Belt Adults 16+ Only 7:00 – 8:15	White Belt - Black Belt All Ages 7:00 – 8:00	White Belt - Blue Belt Adults 16+ Only 7:00 – 8:15	

## Classroom 2

BBC Club Breaking Black Belt Patterns Open Format Classroom 2 5:00 – 5:50	BBC Club Sparring Open Format Non-Instructed Classroom 2 5:00 – 5:50
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## Notes

- Black Belts and Black Belt Club Members** are permitted to attend ANY class that is appropriate for their rank.
- BBC Club Breaking and BBC Club Sparring Classes** (Monday and Wednesday – 5:00-5:50) are **OPEN FORMAT** classes with no instruction. These classes are designed for students to practice their breaking, focus techniques and sparring in order to get them signed as Exam Pre-Requisites. Instructors will supervise, assists students and sign appropriate Pre-Requisites **WHEN AVAILABLE**.
- BBC Club Sparring Class – ALL SAFETY EQUIPMENT MUST BE WORN. NO EXCEPTIONS!**  
(Gloves, feet, mouth-guard, groin protector)
- The second classroom is open for individual practice and board breaking at any time so long as there is no class in session in that room.