2012

IL-DO taekwondo

14220 Culver Dr., Ste. D, Irvine, 92604
(949)551-1800 ~ www.ildotkd.com ~ ildotkd@sbcglobal.net

- If you are more than **10 mins. late**, you will need to observe class only.
- Rows shaded in **GRAY** are for black belt club **(BBC)** members only. Always bring your gear bag to class.

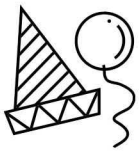
CHILDREN *(4-13 yrs)*

BELT	MON	TUES	WED	THUR	FRI	SATURDAY
Lil' Cubs (4-5 yrs) **White, Orange, Yellow, Low & High Green**	3:30 - 4		BBC 5-5:30 Sparring	3:30 - 4		**White to Purple** *(4-5yrs)* 9:30 - 10am
Tigers (6yrs & up) **White, Orange, Yellow**	4:45-5:30	3:30-4:15	5:30-6:15	4:45-5:30		
BBC members **Yellow to Blue Stripe**	4 - 4:45	4:30-5:15 *weapons*	3:30-4:15 or 4-6yrs @ 5-5:30	5:45-6:30 *weapons*	4:15 - 5	**White to Purple** *(6yrs & up)* 10 - 10:45am
BBC members **Brown to Black**	5:45-6:30	5:15 - 6 *weapons*	4:15-5:00	4 - 4:45	3:30-4:15 *weapons*	

FAMILY CLASS *(Children to Adult)*

BELT	MON	TUES	WED	THUR	FRI	
White to Yellow	7:15-8	6:30-7:15	5:30-6:15	6:30-7:15		**Blue to Black** *(all ages)* 11-11:45am
BBC members **Yellow to High Green**	7:15-8	6:30-7:15	6:30-7:15 *weapons*	6:30-7:15	6:30-7:15 *weapons*	
BBC members **Purple to Black**		7:15-8	6:30-7:15 *weapons*	7:15-8	6:30-7:15 *weapons*	
BLACK	6:30-7:15	**6-6:30 *Test Prep*	7:15-8		5:45 - 6:30	

SPECIAL CLASSES	
***RED/BLACK -** Prepares students for black belt testing. Mandatory.	Fri. @ 5 - 5:45
** **BLACK BELTS -** For black belts only. Prepares students for their belt testing.	Tues. @ 6 - 6:30
PRIVATE LESSONS - Private or semi private lessons available. See office.	OPEN



BIRTHDAY PARTIES :

Have your next birthday party at IL-DO. See office for more info.

CARDIO KICKBOXING:

-MON & WED @ 8:30-9:30 pm
-SAT MORNING @ 8:00-9:00 am