

Asheville Sun Soo Do Jang Schedule

effective 9/17/11

	"A" - Classes		"B" - Classes			"A/B" - Classes	
	MON	TUE	WED	THR	FRI	SAT	SUN
7am							
8am							
9am	Tae Kwon Do Adult- Mixed rank 8:30-9:30 am		BNI 8:00am - 9:30am		Tae Kwon Do Adult- Mixed rank 8:30-9:30 am	Tae Kwon Do KIDS- Beginner rank 8:30am - 9:15am	
10am						Tae Kwon Do KIDS- Intermediate rank 9:15am - 10:00am	
11am						Tae Kwon Do KIDS- Advanced rank 10:00 - 10:45am	
12am						Tae Kwon Do Adult- Masters-Club 10:45-11:30 pm	
1pm		Tae Kwon Do Adult- Mixed rank 12:30 - 1:30		Tae Kwon Do Adult- Mixed rank 12:30 - 1:30		Tae Kwon Do Adult- Mixed rank 11:45am -1:15pm	
2pm							
3pm							
4pm	Tae Kwon Do KIDS- Advanced rank 3:15-4:00 pm	Tae Kwon Do KIDS- Beginner rank 3:15-4:00 pm	Tae Kwon Do KIDS- Advanced rank 3:15-4:00 pm	Tae Kwon Do KIDS- Beginner rank 3:15-4:00 pm		Tae Kwon Do Adult-BBC Special Topics (one per month to be announced) 3:30pm -5:00pm	YOGA 1/2 price for BBC/MC (students and family) 4:00pm -5:15pm (1st & 3rd Suns)
5pm	Tae Kwon Do KIDS- Intermediate rank 4:00-4:45 pm	Mighty-Tigers 4:00-4:30 pm	Tae Kwon Do KIDS- Intermediate rank 4:00-4:45 pm	Mighty-Tigers 4:00-4:30 pm			
6pm	Tae Kwon Do KIDS- Beginner rank 4:45-5:30 pm	Tae Kwon Do KIDS- Advanced rank 4:30-5:15 pm	Tae Kwon Do KIDS- Beginner rank 4:45-5:30 pm	Tae Kwon Do KIDS- Intermediate rank 4:30-5:15 pm			Tae Kwon Do Adult-Sparring 5:15pm -6:00pm (2nd & 4th Suns)
7pm	Tae Kwon Do Open Mat / Extra Help 5:30-6:15 pm	Tae Kwon Do KIDS- Black-Belt Club 5:15-6:00 pm	Tae Kwon Do KIDS- Masters-Club 5:30-6:15 pm	Tae Kwon Do KIDS- Black-Belt Club 5:15-6:00 pm	Tae Kwon Do Adult- Beginner ranks 6:00 -7:00 pm	KIDS NIGHT OUT! (1 or 2 per month dates to be announced) 6:00-10:00 pm	Tae Kwon Do Adult-Sparring 6:00pm -7:00pm (2nd & 4th Suns)
8pm	Tae Kwon Do Adult- Mixed rank 6:30 -7:30 pm	Tae Kwon Do KIDS- Intermediate rank 6:00-6:45 pm	Tae Kwon Do Adult- Mixed rank 6:30 -7:30 pm	Tae Kwon Do Adult- Mixed rank 7:00 -8:00 pm			
9pm	Tae Kwon Do Adult-Only Mixed rank 7:45 -8:45 pm	Tae Kwon Do Adult- Mixed rank 7:00 -8:00 pm					
10pm							

NOTES:

- 1) All Students are encouraged to register a student account on the school website: ashevilletkd.com to access ranking material
- 2) All Students are responsible for attending the required minimum number of classes for their current rank in order to be eligible to test for the next rank
- 3) All elementary and middle school students must earn their achievement belt stripes in order to be eligible to test
- 4) All students are recommended to attend a fairly equal number of "A" and "B" classes
- 5) All students are asked to do their best to be on time for class!