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| CLASSES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|----------------------------------|--|---|--|
| LITTLE TIGERS All Belt Levels 30 min Session | 1:30PM 3:30PM 6:10PM | 3:30PM 4:00PM | 1:30PM 3:30PM 6:10PM | 3:30PM 4:00PM 6:10PM | 1:30PM 3:30PM | 10:00AM - 10:30AM |
| JUNIOR TIGERS 40 min Session | | NO,WHT, YELL 4:30PM-5:10PM | NO,WHT, YELL 6:40PM-7:20PM | NO,WHT, YELL 4:30PM-5:10PM | NO,WHT, YELL,ORA,GRN 4:00PM - 4:40PM | NO,WHT,YELL,GRN 10:30AM - 11:10AM |
| | ORA,GRN & PUR 4:00PM - 4:40PM | | ORA,GRN & PUR 4:50PM - 5:30PM | ORA,GRN & PUR 6:40PM-7:20PM | BLU,PUR,H/PUR,RED,BRN 4:40PM-5:20PM | H/PUR, RED, BRN 11:10AM - 11:50AM |
| | BLU,H/P,RED,BRN 4:40PM - 5:20PM | BLU,H/P,RED,BRN 6:40PM-7:20PM | BLU,H/P,RED,BRN 5:30PM-6:10PM | BLU,H/P,RED,BRN 5:10PM-5:50PM | | ORA, BLUE, PURPLE 11:50AM - 12:30PM |
| JR. BLACK BELT (All Levels) | 6:40PM-7:20PM | 5:10PM-5:50PM | 7:20PM-8:00PM | | 6:00PM-6:40PM | 11:10AM - 11:50AM (Only Jr. Black Belt Level) |
| ALL JR.BLK STRIPES | | | | | | 12:40PM -1:20PM (Jr.Blk/Grn,Jr.Blk/Blu ,Jr.Blk/Pur, Jr.Blk/Brn) |
| TEEN TIGERS | 7:30PM-8:30PM | | 8:00PM-8:45PM | 7:20PM-8:20PM | 6:40PM-7:40PM | 9AM - 10AM |
| ALL BLACK BELT (JT & TEEN) | 5:20PM-6:10PM 7:30PM-8:30PM | 5:50PM-6:40PM | 4PM-4:50PM | | | 12:40PM -1:20PM |
| ADULT TIGERS | 7:30PM-8:30PM | 8:00PM-9:00PM | 12PM-1PM | 8:00PM-9:00PM | 12PM-1PM | 9AM - 10AM (Adult and Family) |
| *2014 NATIONAL* *POOMSAE TEAM* | 5:20PM-6:10PM | 5:50PM-6:40PM | 4PM-4:50PM | | | |
| **TEAM ATMA** | | 7:20PM-8:40PM | | 7:20PM-8:40PM | 5:20PM-6PM | *CLASSES INDICATES* REQUIRES REGISTRATION |
| SWAT | | | | | 6:40PM-8:00PM | |
| SPARRING CLASSES Yellow belt and up can participate in Sparring Class. Sparring Classes are offered free with equipment purchase. Please ask Master Kwon or our staff to participate. | | TEEN & ADULT *Sparring* 7:20PM-8:00PM | | | JUNIOR TIGERS *Sparring* 5:20PM-6PM | BOOK YOUR SPECIAL BIRTHDAY PARTY @APEX TIGERS 2:00PM-3:30PM 4:00PM-5:30PM |
| SPECIAL CLASSES | PRIVATE LESSONS ARE AVAILABLE Monday - Saturday | | | | *GOLD TIGERS* 4:40PM-6:00PM | |
| DOJANG BASIC RULES | | | | DOJANG ETIQUETTE | | |
| <ul style="list-style-type: none"> * Students Must Arrive On Time For Class. * Make-up & Extension Sessions are valid only with prior written notice. * Students should kneel down by classroom entrance to ask permission to enter if they are late for a class. * Students must attend two classes a week. * Students must bring sparring gear on sparring week (ATMA gear only) * All Black Belts & Jr. Black Belts must bring sparring gear to every class. * If your child is injured, you need to tell instructors before class begins. Often, we can work around certain injuries but we need to know about them. * Masters/instructors/schedule may change without notice. * Belt certification& Event fees are extra. | | | | <ol style="list-style-type: none"> 1. It is never appropriate to pull your child out or yell into class to coach them. This disrupts the class, embarrasses your child, and shows a total lack of respect for masters & instructors. It's rather best to encourage them. 2. If your child is not in a class, parents need to make sure they are not disrupting other classes. Courtesy is one of the TKD tenets. We expect all parents to enforce this. 3. If you need to pull your child out of class, please talk to our staff to help you. 4. Do not bring your children to class if they are running a fever or are contagious. 5. Absolutely No Running/Loud conversation at the waiting area. 6. Food is not allowed in the waiting area. These guidelines are in place to make sure that TKD remains a safe and positive experience for all members and families. | | |
| PLEASE VISIT WWW.APEXTIGERS.COM TO VIEW BELT TEST SCHEDULE/CEREMONY,MONTHLY EVENTS, CALENDAR & UPDATES!!! | | | | | | |