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CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LITTLE TIGERS</b> 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
<b>JUNIOR TIGERS</b> 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
<b>JR. BLACK BELT</b> (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)
<b>ALL JR.BLK STRIPES</b>						12:40PM -1:20PM (Jr.Blk/Grn,Jr.Blk/Blu ,Jr.Blk/Pur, Jr.Blk/Brn)
<b>TEEN TIGERS</b>	7:30PM-8:30PM		8:00PM-8:45PM	7:20PM-8:20PM	6:40PM-7:40PM	9AM - 10AM
<b>ALL BLACK BELT</b> (JT & TEEN)	5:20PM-6:10PM 7:30PM-8:30PM	5:50PM-6:40PM	4PM-4:50PM			12:40PM -1:20PM
<b>ADULT TIGERS</b>	7:30PM-8:30PM	8:00PM-9:00PM	12PM-1PM	8:00PM-9:00PM	12PM-1PM	9AM - 10AM (Adult and Family)
<b>*2014 NATIONAL*</b> <b>*POOMSAE TEAM*</b>	5:20PM-6:10PM	5:50PM-6:40PM	4PM-4:50PM			
<b>**TEAM ATMA**</b>		7:20PM-8:40PM		7:20PM-8:40PM	5:20PM-6PM	*CLASSES INDICATES* REQUIRES REGISTRATION
<b>SWAT</b>					6:40PM-8:00PM	
<b>SPARRING CLASSES</b> 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	<b>BOOK YOUR SPECIAL BIRTHDAY PARTY @APEX TIGERS</b>  2:00PM-3:30PM 4:00PM-5:30PM
<b>SPECIAL CLASSES</b>	PRIVATE LESSONS ARE AVAILABLE Monday - Saturday				*GOLD TIGERS* 4:40PM-6:00PM	
<b>DOJANG BASIC RULES</b>				<b>DOJANG ETIQUETTE</b>		
<ul style="list-style-type: none"> <li>* Students Must Arrive On Time For Class.</li> <li>* Make-up &amp; Extension Sessions are valid only with prior written notice.</li> <li>* Students should kneel down by classroom entrance to ask permission to enter if they are late for a class.</li> <li>* Students must attend two classes a week.</li> <li>* Students must bring sparring gear on sparring week (ATMA gear only)</li> <li>* All Black Belts &amp; Jr. Black Belts must bring sparring gear to every class.</li> <li>* If your child is injured, you need to tell instructors before class begins.</li> </ul> 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"> <li>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 &amp; instructors. It's rather best to encourage them.</li> <li>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.</li> <li>3. If you need to pull your child out of class, please talk to our staff to help you.</li> <li>4. Do not bring your children to class if they are running a fever or are contagious.</li> <li>5. Absolutely No Running/Loud conversation at the waiting area.</li> <li>6. Food is not allowed in the waiting area.</li> </ol> These guidelines are in place to make sure that TKD remains a safe and positive experience for all members and families.		
PLEASE VISIT <a href="http://WWW.APEXTIGERS.COM">WWW.APEXTIGERS.COM</a> TO VIEW BELT TEST SCHEDULE/CEREMONY,MONTHLY EVENTS, CALENDAR & UPDATES!!!						