

# Triumph Taekwon-Do

"Achieve Personal Triumphs"

Schedule of classes

effective June 30th, 2011

Schedule subject to change, based on demand

Age & Rank	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Tigers	4:00 - 4:30	5:30-6:00	4:00 - 4:30 6:30 - 7:00	5:30 - 6:00	4:30-5:00	10:00-10:30
Newcomer	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	No Saturday classes in July & August. Saturday classes resume Sept 10th.
Beginner Children	5:00 - 6:00	Beginner level is three to four months for most students				
Family / All ages		6:00 - 7:00		4:30-5:30	6:00 - 7:00	12:30 - 1:30
Teen & Adult		8:00 - 9:00 all levels		8:00 - 9:00 all levels		
Intermediate Children		Intermediate level is about fourteen months for most students				
Family / All ages	7:00 - 8:00		4:30-5:30	7:00 - 8:00	5:00 - 6:00	1:30 - 2:30
Teen & Adult		8:00 - 9:00 all levels		8:00 - 9:00 all levels		
Advanced Family / All ages	6:00 - 7:00		5:30 - 6:30	7:00 - 8:00	8:00 - 9:00	2:30 - 3:30
Teen & Adult		8:00 - 9:00 all levels		8:00 - 9:00 all levels		
Black Belt Class	8:00 - 9:00		8:00 - 9:00		7:00 - 8:00	
<b>Black Belt Club</b> by invitation		7:00 - 8:00				9:00 - 10:00
Birthday Parties by appointment						4:00 - 6:00 limited openings

Our schedule is flexible. Each student attends twice per week and can choose any two

classes from those available for his/her program, age and rank.

You can even change your choice of classes and make-up any missed classes.

Tiny Tigers are Ages 5 & 6

Children are Age 7-12

Teen & Adult are Ages 13+

Family classes are for all ages (age 7 and up) to train together.

Newcomer By appointment; a semi-private lesson for students, age 7+, for their first one-hour of training.

Beginner for White belts (3 - 4 months for most students)

Intermediate for belts Yellow Stripe through Blue Stripe (about 14 months for most students)

Advanced for belts Blue stripe and up

Black Belt Class for belts Black stripe and up

For Tiny Tigers, instruction is 30 minutes.

All other classes, instruction is 50 minutes.

Our Phone (604) 944-KICK (5425)

Our Address #312- 1515 Broadway St., PoCo

Check our website [www.triumphtkd.com](http://www.triumphtkd.com)