

# Championship 2018 Summer Class Schedule

*The summer schedule begins May 29<sup>th</sup>.*

|   | Monday   | Tuesday                 | Wednesday | Thursday                | Friday    |
|---|--|-------------------------|-----------|-------------------------|-----------|
| <b>TAEKWONDO</b>  | <i>Taekwondo students are required to attend at least 20 classes in a quarter to qualify for rank promotion. 25 classes are considered perfect attendance.</i>                               |                         |           |                         |           |
| <b>KIDS BEGINNERS</b>   | 5:15-6:00  | 12:00-1:00<br>4:45-5:30 | 5:15-6:00 | 12:00-1:00<br>4:45-5:30 | 5:15-6:00 |
| Kids (white through green stripe)   | 5:15-6:00  | 12:00-1:00<br>4:45-5:30 | 5:15-6:00 | 12:00-1:00<br>4:45-5:30 | 5:15-6:00 |
| Kids (green through poom)   |  | 12:00-1:00<br>5:30-6:30 | 6:00-7:00 | 12:00-1:00<br>5:30-6:30 | 5:15-6:00 |
| <b>ADULTS BEGINNERS</b>   |  | 12:00-1:00<br>6:30-7:30 | 4:15-5:15 | 12:00-1:00<br>6:30-7:30 |           |
| Adults (white through red trim)<br>Pooms Training for 1 <sup>st</sup> Dan |  | 12:00-1:00<br>6:30-7:30 | 4:15-5:15 | 12:00-1:00<br>6:30-7:30 |           |
| Black Belts   |  | 6:30-7:30               |           | 6:30-7:30               |           |
| Family Class  |  | 5:30-6:30               |           | 5:30-6:30               |           |
| <b>RETRO FITNESS CLASS</b>  | <i>A total body fitness class that incorporates kettlebells, Indian clubs, wands, dumbbells, and body weight training. Successful fitness for today that has withstood the test of time.</i> |                         |           |                         |           |
| Ages 15 and Older   | By Appointment - Speak with Master Shane Hylton  |                         |           |                         |           |

## Championship Tuition

1 Family Member \$70.00/month  
2 or More Family Members \$140.00/month

Full-Time College Students  
and Seniors (age 55+) \$60.00/month



TAEKWONDO

Annual Membership Fee of \$24 per Family

**New Tae Kwon Do students receive a FREE uniform with their first month of paid tuition.**

Championship Taekwondo is located at 2516 South Washington Street, Grand Forks

701-775-8329 [www.ChampionshipTKD.com](http://www.ChampionshipTKD.com)

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