

Championship Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
TAEKWONDO	<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>				
KIDS BEGINNERS	5:15-6:00	12:00-1:00 4:45-5:30	5:15-6:00	12:00-1:00 4:45-5:30	5:15-6:00
Kids (white through green stripe)	5:15-6:00	12:00-1:00 4:45-5:30	5:15-6:00	12:00-1:00 4:45-5:30	5:15-6:00
Kids (green through poom)		12:00-1:00 5:30-6:30	6:00-7:00	12:00-1:00 5:30-6:30	5:15-6:00
ADULTS BEGINNERS		12:00-1:00 6:30-7:30	4:15-5:15	12:00-1:00 6:30-7:30	
Adults (white through red trim) Pooms Training for 1 st Dan		12:00-1:00 6:30-7:30	4:15-5:15	12:00-1:00 6:30-7:30	
Black Belts		6:30-7:30		6:30-7:30	
Family Class		5:30-6:30		5:30-6:30	
RETRO FITNESS CLASS	<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



TAEKWONDO

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

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

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