

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



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

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