

# Championship Class Schedule

	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.</i>				
Kids (white through blue stripe)	5:15-6:00	11:00-12:00 4:45-5:30	5:15-6:00	11:00-12:00 4:45-5:30	5:00-6:00
Kids (blue through red)		11:00-12:00 5:30-6:30	6:00-7:00	11:00-12:00 5:30-6:30	5:00-6:00
Kids (red trim and pooms)		11:00-12:00 6:30-7:30	6:00-7:00	11:00-12:00 6:30-7:30	5:00-6:00
Adults (white through red trim) Pooms Training for 1 <sup>st</sup> Dan		12:00-1:00 6:30-7:30	4:15-5:15	12:00-1:00 6:30-7:30	5:00-6:00
Black Belts		6:30-7:30		6:30-7:30	
Family Class		5:30-6:30		5:30-6:30	
<b>HAPKIDO</b>					
Ages 12 and Older	6:00-7:00				
<b>KUMDO</b>					
Kids			7:00-8:00		6:00-7:00
Adults			7:00-8:30		6:00-7:00
<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	7:00-8:00		6:00-7:00		

## Championship Tuition

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

Full-Time College Student, Active-Duty Military, And Seniors (age 55+)	\$60.00/month
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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)