



TAEKWONDO

Crestview Location

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Join Our Email List:

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Palmer's ATA Taekwondo

MONDAY

	<u>Time</u>	<u>Rank</u>
Juniors	4:30-5:15	Purple - Black
	5:15-6:00	*Specialty Class
	6:00-6:45	White - Green
Teens	6:45-7:30	Mixed Age 12-16
Adults	7:30-8:30	Mixed

TUESDAY

	<u>Time</u>	<u>Rank</u>
Juniors	4:45-5:15	Tiny Tigers
	5:15-6:00	Purple - Black
	6:45-7:30	Leadership
Teens	6:00-6:45	Mixed Age 12-16
Adults	7:30-8:30	Mixed

THURSDAY

	<u>Time</u>	<u>Rank</u>
Juniors	4:15-4:45	Tiny Tigers
	4:45-5:30	White - Green
	5:30-6:15	*Specialty Class
	6:15-7:00	Purple - Black
Teens	7:00-7:45	Mixed Age 12-16
Adults	7:45-8:45	Mixed

FRIDAY

	<u>Time</u>	<u>Rank</u>
Juniors	4:45-5:15	BBC / MC Tiny Tigers
	5:15-6:00	White - Green
Teens / Ad.	6:00-7:00	*Specialty Class

SATURDAY

10:30-11:30 BBC / MC MMA

* Specialty Classes are for BBC & MC members and focus on Sparring, Board Breaking, Weapons and Ground Defense

My Class Times Are:

Monday:

Thursday:

Tuesday:

Friday:

- ☺ Bow to others showing **RESPECT**
- ☺ Shake hands showing **COURTESY**
- ☺ Be quiet during class showing **DISCIPLINE**

- ☺ Arrive to class on time showing **LOYALTY**
- ☺ Make good choices showing **SELF CONTROL**
- ☺ Attend required classes showing **PERSEVERANCE**

Effective 10/15/11 Subject to change