



RYOUKO MARTIAL ARTS TAEKWONDO CLASS SCHEDULE



(Effective: September 7th, 2011)

- Phone: (416) 284-8861 • www.RyoukoMartialArts.com

CLASS TIMES	MON	TUES	WED	THURS	FRI	SAT TIMES	SAT
5:30 - 6:00 P.M.	LITTLE DRAGONS 4-6 YEARS	LITTLE DRAGONS 4-6 YEARS	LITTLE DRAGONS 4-6 YEARS	LITTLE DRAGONS 4-6 YEARS	LITTLE DRAGONS 4-6 YEARS	10:00 - 10:40 A.M.	TAEKWONDO 7 + YEARS (ALL BELTS)
6:00 - 6:40 P.M.	KIDS - TKD 7-11 YEARS <i>(INTERMEDIATE & ADVANCED)</i>	KIDS - TKD 7-11 YEARS <i>(BEGINNER)</i>	KIDS - TKD 7-11 YEARS <i>(INTERMEDIATE & ADVANCED)</i>	KIDS - TKD 7-11 YEARS <i>(BEGINNER)</i>	KIDS - TKD 7-11 YEARS <i>(INTERMEDIATE & ADVANCED)</i>	10:40 - 11:40 A.M.	TAEKWONDO SPARRING 7 + YEARS <i>(YELLOW & UP)</i>
6:40 - 7:20 P.M.	KIDS-TKD 7-11 YEARS <i>(BEGINNER)</i>	KIDS - TKD 7-11 YEARS <i>(INTERMEDIATE & ADVANCED)</i>	TAEKWONDO 7 + YEARS <i>(BEGINNER)</i>	KIDS - TKD 7-11 YEARS <i>(INTERMEDIATE & ADVANCED)</i>	TAEKWONDO 7 + YEARS <i>(BEGINNER)</i>		
7:20 - 8:00 P.M.	BLACK BELT ACADEMY TAEKWONDO TEEN & ADULTS ALL BELTS	BLACK BELT ACADEMY	TAEKWONDO SPARRING <i>(ORANGE & UP)</i>	BLACK BELT ACADEMY	TAEKWONDO SPARRING <i>(ORANGE & UP)</i>		
8:00 - 8:40 P.M.		TAEKWONDO TEEN & ADULTS ALL BELTS		TAEKWONDO TEEN & ADULTS ALL BELTS			



RYOUKO MARTIAL ARTS XSD CLASS SCHEDULE



(Effective September 1st, 2011)

- Phone: (416) 284-8861 • www.RyoukoMartialArts.com

CLASS TIMES	MON	TUES	WED	THURS	FRI	SAT TIMES	SAT
6:00 - 6:40 P.M.	XSD STYLE (LEVELS 0 - 1) 7 - 12 YEARS	XSD STYLE (LEVELS 0 - 2) 13 + YEARS	XSD STYLE (LEVELS 0 - 1) 7 - 12 YEARS	XSD STYLE (LEVELS 0 - 2) 13 + YEARS		11:40 - 12:20 P.M.	XSD STYLE (ALL LEVELS) 7 - 12 YEARS
6:40 - 7:20 P.M.	XSD ACRO (ALL LEVELS) 7 - 12 YEARS	XSD ACRO (ALL LEVELS) 13 + YEARS	XSD ACRO (ALL LEVELS) 7 - 12 YEARS	XSD ACRO (ALL LEVELS) 13 + YEARS		12:20 - 1:00 P.M.	XSD ACRO (ALL LEVELS) 7 - 12 YEARS
7:20 - 8:00 P.M.	XSD STYLE (LEVELS 2 - 3) 7 - 12 YEARS	XSD STYLE (LEVELS 3 +) 13 + YEARS	XSD STYLE (LEVELS 2 - 3) 7 - 12 YEARS	XSD STYLE (LEVELS 3 +) 13 + YEARS		1:00 - 2:30 P.M.	RMA OPEN GYM 13 + YEARS
8:00 - 9:00 P.M.	XSD ACRO (ALL LEVELS) 13 + YEARS	XSD FITNESS 13+ YEARS COMPETITIVE XSD TRAINING	XSD ACRO (ALL LEVELS) 13 + YEARS	XSD FITNESS 13 + YEARS	RMA OPEN GYM 13 + YEARS		

*RMA Friday Night Open Gym: 8:00 pm – 10:00 pm

*Drop in Fee: \$10 – Non-RMA Members, FREE – RMA Members