



TAEKWON-DO CENTER SCHEDULE

29 Alden Street, Cranford NJ 07016 • Taekwon-DoCenter.com • 908-497-1100

Effective May 2012

Program	Monday A	Tuesday A	Wednesday B	Thursday B	Friday AB	Saturday AB	<p>Arrive no more than 10 minutes prior to class.</p> <p>All members, students, parents should bow at the door. Please use courtesy/respect at all times.</p> <p>Place shoes/socks under benches.</p> <p>Scan your card.</p> <p>Please greet instructors and fellow classmates.</p> <p>Attend one "A" and "B" day each week. Saturdays are makeup days.</p> <p>If you arrive late, perform pushups and wait at edge of mat until instructor grants permission to enter.</p> <p>Your feedback is important to us. Master Schneider's email is SaBumNimSchneider@gmail.com</p>
Tigers Ages 4 1/2-6 1/2	4:00-4:30	4:45-5:15	4:00-4:30	4:45-5:15	-----	All Students 9:30A-10:15A	
Beginners Ages 7-12	5:45-6:30	4:00-4:45	5:45-6:30	4:00-4:45	4:30-5:15	Tigers 10:15A-11:00A	
Inter/Adv Ages 7-12	4:30-5:15	5:15-6:00	4:30-5:15	5:15-6:00	4:30-5:15	-----	
Youth Masters	5:15-5:45	-----	5:15-5:45	-----	-----	-----	
Adult Beginners	6:30-7:15	6:30-7:15	6:30-7:15	All Adults 6:30-7:15	-----	-----	
Adult Inter/Adv	7:15-8:00	7:15-8:00	7:15-8:00	Adult Masters 7:15-8:00	-----	-----	
East West MMA	-----	8:45-9:15	-----	8:45-9:15	-----	-----	
Private	-----	6:00-6:30	-----	6:00-6:30	-----	-----	
Combat Fitness	8:00P-8:45P	8:30A-9:15A 8:00P-8:45P	8:00P-8:45P	8:30A-9:15A 8:00P-8:45P	-----	Combat Fitness 8:45A-9:30A	
Morning Classes	Yoga 8:30-9:15A	TKD All Adults 9:15-10A	Yoga 8:30-9:15A	TKD All Adults 9:15-10A	-----	-----	
Brazilian Jiu Jitsu	8:45-9:45P	-----	8:45-9:45P	-----	8:00P-9:00P	12-1	

Beginners: White-Yellow Inter/Adv: Green Stripe-Black EWMMA: East West Mixed Martial Arts

Taekwon-Do "A" and "B" Days: A Days: Power Breaking and Patterns; B Days: Self-Defense and Sparring. Basics, Drills and Knowledge will be covered in each class. *Students must bring their sparring gear on any day that includes "B" material.*

MMA "A" and "B" Days: A days: Striking; B Days: Grappling. Only Approved Shirts and Shorts are to be worn.

To stay at the cutting edge of martial arts instruction, we will be closed on occasion for instructor training and events