



BALLANTYNE KICKS CLASS SCHEDULE

U.S. Tae Kwon Do Center
www.ballantynekicks.com

Teaching Self-Esteem Through Self Defense
October 3, 2011-June 10, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	SATURDAY
12:15 12:55	ADULTS ALL BELTS		ADULTS ALL BELTS		ADULTS ALL BELTS	10:00-10:40 CHILDREN white,yellow, purple, orange
4:15 4:55	BEGINNER CHILDREN (5-7 YEARS) White, Yellow & Purple	CHILDREN (5-8 years) Purple, Orange & Green	BEGINNER CHILDREN (5-7 YEARS) White, Yellow & Purple	CHILDREN (5-8 years) Purple, Orange & Green	BEGINNER CHILDREN (5-7 YEARS) White, Yellow & Purple	10:45-11:25 CHILDREN green, blue, brown
5:00 5:40	CHILDREN (6-10 years) Orange & Green	BEGINNER CHILDREN (6-10 years) White,Yellow &Purple	CHILDREN (6-10 years) Orange & Green	BEGINNER CHILDREN (6-10 years) White,Yellow &Purple	CHILDREN SPARRING Orange & Higher	11:30-12:10 CHILDREN red & black
5:45 6:25	CHILDREN Blue & Brown	CHILDREN Blue & Brown	CHILDREN Blue & Brown	CHILDREN Blue & Brown	Family Class All Belts	12:15-1:00 ADULTS ALL BELTS
6:30 7:10	CHILDREN Red & Black	CHILDREN Red & Black	CHILDREN Red & Black	CHILDREN Red & Black	Black Belt Adult All Belts	1:00 ADULT SPARRING
7:15 7:55	FAMILY CLASS White,Yellow, Purple & Orange	FAMILY CLASS Green,Blue,Brown, Red & Black	FAMILY CLASS White,Yellow, Purple & Orange	FAMILY CLASS Green,Blue,Brown, Red & Black	7:00 Brazilian Jiu-jitsu No Gi Muay Thai Warm Up	Birthday parties & private lessons are available by appointment. See an instructor for details.
8:00 8:40	ADULTS ALL BELTS	7:45 Brazilian Jiu-jitsu With Gi	ADULTS ALL BELTS	7:45 Brazilian Jiu-jitsu With Gi	Questions? E-mail us: ballantynekicks @bellsouth.net	704.544.7550