



"Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize." (1 Cor. 9:24)

Ultimate Champions Taekwondo – Bayside Location

213-18 48th Ave. Bayside, NY 11364 | Tel: 718-423-0011 Email: baysidetaekwondo@gmail.com | Website: baysidetaekwondo.com
 Facility Hours: Monday thru Friday – 2:30pm to 9:00pm | Saturday 8:30am to 1:00pm | Closed on Sundays & Major National Holidays

EFFECTIVE: 5/8/17

LITTLE TIGERS (AGES 3 TO 5)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:30 to 4:00pm	Level 1	Level 2	Level 1	Level 2	Level 1 & 2	9:15 to 9:45am Level 2
4:00 to 4:15pm		Elite		Elite	Elite	
4:15 to 5:00pm		Level 1				
5:00 to 5:30pm	Private Lessons		Private Lessons	Level 1		9:45 to 10:00am Elite
5:45 to 6:15pm	Level 2		Level 1			10:00 to 10:30am Level 1
6:15 to 6:30pm	Elite		Elite			
6:30 to 7:00pm	Level 1		Level 2			

TAEKWONDO (AGES 6 & UP)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:30 to 4:15pm	BBC Sparring/Weapons	Level 3	BBC Poomsae/Breaking	Level 3	Level 1	9:30 to 10:15am Level 1
4:15 to 5:00pm	Level 1	BBC Poomsae/Breaking	Level 1	BBC Sparring/Weapons	Level 2 & 3	
5:00 to 5:45pm	Level 2	Black Belts 0-3 Tips Level 1	Level 2	Level 1	BBC Poomsae/Breaking	10:15 to 11:00am Level 2 & 3
5:45 to 6:30pm	Level 3	Black Belts 4 Tips & Up	Level 3	Team Bayside	BBC Sparring/Weapons	
6:30 to 7:15pm	Level 1	BBC Sparring/Weapons	Level 1	BBC Poomsae/Breaking	PNO Parents Night Out! Fun Night for All Kids! Most Fridays of the Month! Check Calendar!	11:00 to 11:45am BBC Sparring/Weapons
7:15 to 8:00pm	Level 2	Level 3	BBC Sparring/Weapons Orange to Blue Tip	Level 2		11:45 to 1:00pm Team Bayside Demonstration
8:00 to 8:45pm	Teen & Adult BBC Poomsae	Teen & Adult Curriculum	Teen & Adult BBC Poomsae	Teen & Adult Sparring		
8:45 to 9:00pm	BBC Teen & Adult Flexibility	BBC Teen & Adult Self Defense	BBC Teen & Adult Weapons	BBC Teen & Adult Sparring		
Level 1 (Beginners) No Belt, White, Yellow & Orange		Level 2 (Intermediate) Green, Green Tip, Blue, Blue Tip, Red Tip, Brown & Bodan		Level 3 (Advanced) Purple, Purple Tip, Red, Red Tip, Brown & Bodan		Birthday Parties We Run Amazing Parties! Must Book 2 Months in Advanced

TEAM CHAMPIONS SPORT TAEKWONDO

Team	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Poomsae Team	7:15 to 9:00pm		7:15 to 8:45pm	6:30 to 8:00pm	6:30 to 7:30pm	11:00 to 11:45am
C Team	4:15 to 5:00pm (S)		4:15 to 5:00pm (P)		6:30 to 7:30pm	TBA
B Team		6:30 to 8:00pm	7:15 to 9:15pm		6:30 to 9:30pm	TBA
A Team	7:15 to 9:15pm	8:00 to 9:00pm	7:15 to 9:15pm	8:00 to 9:00pm	6:30 to 9:30pm	TBA

LIFEFIT KICKBOXING (ADULTS ONLY)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
X	9:30am OPEN	9:30am OPEN	9:30am OPEN	X	8:30am TBA

