



CHAMPIONS MARTIAL ARTS SCHEDULE





Master Lee 2069Hempstead tpke. East Meadow NY 11554 TEL : (516) 280 – 6912
 www.eastmeadowtkd.com Email : cmaeastmeadow@gmail.com TEXT : (516) 329 - 8999

A ROOM

FROM OCTOBER 30th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4PM - 4:40PM LEVEL 1	4PM - 4:30PM LITTLE TIGERS LV2	4PM - 4:40PM LEVEL 1	4PM - 4:30PM LITTLE TIGERS LV2	4PM - 4:40PM LEVEL 2	9:50AM - 10:30AM TEEN & ADULTS
4:40 - 5:20PM LEVEL 2	4:40 - 5:20PM LEVEL 3 & 4	4:40 - 5:20PM LEVEL 2	4:40 - 5:20PM LEVEL 3 & 4	4:40 - 5:20PM Black Belt Club SPARRING	10:40 - 11:20AM LEVEL 1
5:20 - 6PM Black Belt Club DEMO/NUNCHUCK	5:20PM - 6PM LEVEL 1	5:20 - 6PM Black Belt Club DEMO/NUNCHUCK	5:20PM - 6PM LEVEL 1	5:20 - 6PM LEVEL 3 & 4	11:30AM - 12:10PM LEVEL 2
6PM - 6:40PM LEVEL 3 & 4	6PM - 6:40PM LEVEL 2 & 4	6PM - 6:40PM LEVEL 3 & 4	6PM - 6:40PM LEVEL 2 & 4	6:10PM - 6:50PM LEVEL 1	12:10PM - 12:50PM Black Belt Club SPARRING
6:40 - 7:20PM LEVEL 1	6:40 - 7:20PM L/C & I/C SPARRING	6:40 - 7:20PM LEVEL 1	6:40 - 7:20PM L/C & I/C DEMO		12:50 - 1:30PM LEVEL 3 & 4
7:20 - 8PM TEEN & ADULTS	7:20PM - 8PM BLACK BELT	7:20 - 8PM TEEN & ADULTS	7:20PM - 8PM BLACK BELT	FUN FRIDAYS LOOK AT SCHOOL CALENDAR FOR FRIDAY EVENTS!	WE DO EXCITING BIRTHDAY PARTIES! AFTER 2PM FUN ACTIVITY!
8PM - 8:40PM BLACK BELT CLUB TEEN & ADULTS (DEMO/NUNCHUCKS)	NEW CLASS COMING SOON	8PM - 8:40PM BLACK BELT CLUB TEEN & ADULTS (SPARRING)	NEW CLASS COMING SOON		
LEVEL 1 (Beginners) No Belt, White, Yellow	Level 2 (Intermediate 1) Orange, Green, Green Tip, Blue	Level 3 (Intermediate 2) Blue Tip, Purple, Purple Tip, Red	Level 4 (Advanced) Red Tip, Brown, Bodan	Little Tiger Level 1 No Belt, White, White Orange	Little Tiger Level 2 White Green & UP

B ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>JOIN THE BEST AFTER SCHOOL TAEKWONDO PROGRAM Time : 3PM to 6PM (Monday to Friday) Pick - up school : Mcvey / Dutch Lane Homework / Daily Taekwondo & Activities / Free program on half day & Full days on from school Speak to Master Lee for more information (516) 280 - 6912</p>						10:40 - 11:10AM LITTLE TIGER LV 1
6PM - 6:30PM LITTLE TIGER LV 2	5:30 - 6PM LITTLE TIGER LV 1	6PM - 6:30PM LITTLE TIGER LV 2	5:30 - 6PM LITTLE TIGER LV 1	6:10PM - 6:40PM ALL LITTLE TIGERS	11:20AM - 11:50PM LITTLE TIGER LV 2	
6:40 - 7:10PM LITTLE TIGER LV 1	6:40 - 7:20 Black Belt Club DEMO/NUNCHUCK	6:40 - 7:10PM LITTLE TIGER LV 1	6:40 - 7:20 Black Belt Club SPARRING	MONTHLY STAFF TRAINING AT HQ	12:50 - 1:30PM BLACK BELT	
	7:20PM - 8:20PM BLACK BELT L/C, I/C (Age 13 up or High Dan Black Belt)		7:20PM - 8:20PM BLACK BELT L/C, I/C (Age 13 up or High Dan Black Belt)			