

**\*U.S. WEST COAST TAEKWONDO ASSOCIATION\***

**FAMILY MARTIAL ARTS & FITNESS SCHOOL**

3717 NE BROADWAY  
503.284.7843

**CLASS SCHEDULE**

Effective from January 2007

| <b>Time</b>                | <b>Monday</b>                              | <b>Tuesday</b>                         | <b>Wednesday</b>                           | <b>Thursday</b>                        | <b>Friday</b>  |
|----------------------------|--|--|--|--|--|
| 11:00 AM<br>to<br>11:50 AM | All Belt<br>All Ages                       | Private Class<br>by appointment        | All Belt<br>All Ages                       | Private class<br>By appointment        | All belt<br>All ages<br>Sparring Class                 |
| 3:30 PM<br>to<br>4:00 PM   | Tiny Kitten<br>3 years Old                 | Private Class<br>By appointment        | Tiny Kitten<br>3 years Old                 | Private class<br>By appointment        | Private Class<br>By appointment                        |
| 4:00 PM<br>to<br>4:30 PM   | Tiny Tigers<br>Beginners<br>Ages 4-6       | Tiny Tigers<br>Advance<br>Ages 5-7     | Tiny Tigers<br>Beginners<br>Ages 4-6       | Tiny Tigers<br>Advance<br>Ages 5-7     | Sparring<br>Tiny Tigers<br>7 yrs & Under               |
| 4:30 PM<br>to<br>5:10 PM   | White to Yellow St.<br>Ages 7-11           | White to Yellow St.<br>Ages 11 & Under | White to Yellow St.<br>Ages 7-11           | White to yellow St.<br>Ages 11 & Under | Sparring<br>Green St & below<br>11 yrs & Under         |
| 5:10 PM<br>to<br>5:50 PM   | Red Belt & Up<br>Juniors<br>12 yrs & Under | Green to Blue St.<br>Ages 8-11         | Red Belt & Up<br>Juniors<br>12 yrs & Under | Green to Blue St.<br>Ages 8-11         | Sparring<br>Blue & Up<br>11yrs & Under                 |
| 5:50 PM<br>to<br>6:30 PM   | Family Class<br>Blue Belt & Up             | Tiny Tigers<br>All Belt                | Family Class<br>Blue Belt & Up             | Tiny Tigers<br>All Belt                | Black Belt Club<br>Open Class                          |
| 6:30 PM<br>to<br>7:20 PM   | Green Belt & Higher<br>Adults              | Family Class<br>White to Green St.     | Green Belt & Higher<br>Adults              | Family Class<br>White to Green St.     | Sparring 12 yrs &<br>Up<br>All Belt                    |
| 7:20 PM<br>to<br>8:00 PM   | All Belt<br>Open Class                     | Instructor Club<br>Black Belts Only    | All Belt<br>Open Class                     | Instructor Club<br>Black Belts Only    | Private Class<br>by appointment                        |
| 8:00 PM<br>to<br>8:50 PM   | Yoga Class                                 | Adult Beginners<br>All Belt            | Women's All Belt<br>Sparring Open Class    | Adult Beginners<br>All Belt            | Instructor Club<br>& Staff Meeting<br>(only by notice) |

**SATURDAY:**

|                      |                                      |
|----------------------|--------------------------------------|
| 8:30 AM to 9:30 AM   | Extreme Team Training                |
| 9:30 AM to 10:15 AM  | Instructor Club, Brown St. & Up Only |
| 10:15 AM to 11:00 AM | All Belt Sparring Class              |
| 11:00 AM to 11:45 AM | All Belt Open Class                  |

**Note:** The Schedule of special events will be notified.  
There will be no classes on Saturdays when special  
events are scheduled.  
Office Hours: Monday to Friday – 10 AM to 9 PM  
Saturday- 8:30 AM to 12 AM