



U.S. Tae Kwon Do Martial Arts Academy

850 Main Street, Berryville VA
(540)955-0055

Home of Discipline
(Schedule as of August 1, 2011)

Tae Kwon Do * Discipline * Fine Performance * Health, Mind and Body * Happy Life

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	12:00 – 12:50 All Ages All Belts		12:00 – 12:50 All Ages All Belts		8:00 – 11:00* <i>C-Crew Workout</i>	
4:00 – 4:50 Children All Belts	4:00 – 4:50 Children All Belts	4:00 – 4:50 Children All Belts	4:00 – 4:50 Children All Belts	4:00 – 4:50 Children All Belts	11:00 – 11:50 All Ages All Belts	2:00 – 3:00 All Ages All Belts
5:00 – 5:50 All Ages All Belts	5:00 – 5:50 All Ages All Belts	5:00 – 5:50 All Ages <u>Orange Belt & Higher (with Sparring gear)</u>	5:00 – 5:50 All Ages All Belts	5:00 – 5:50 All Ages <u>Orange Belt & Higher (with Sparring gear)</u>	12:00 – 12:50 All Ages <u>Orange Belt & Higher (with Sparring gear)</u>	
6:00 – 6:50 Adults Only All Belts	6:00 – 6:50 Adults Only All Belts	6:00 – 6:50 Adults Only <u>Orange Belt & Higher (with Sparring gear)</u>	6:00 – 6:50 Adults Only All Belts	6:00 – 8:00* <i>C-Crew Workout</i>		
	7:00 – 7:50 Ho Shin Sool <u>Orange Belt & Higher, age 11 & up</u>	7:00 – 8:00* <i>C-Crew Workout</i>				

- All Students should attend at least two classes per week.
- Students should arrive at least 10 minutes before class for proper warm-up.
- Do not interfere or disturb class in progress.
- Students should call the school if they will be missing two or more classes.
- Schedule subject to change to avoid overcrowded classes.

*2 Mandatory workouts per week required

www.ustma.com

Visit our website to request a USTMA student account for the most up to date information on all USTMA information (events, schedules, ceremonies, testing, etc.)