



U.S. Tae Kwon Do Martial Arts Academy

717 Walker Road Great Falls, VA 22066 (703)757-2000

Self Respect • Self Confidence • Self Discipline

Schedule (1 October 2010)

Monday	Tuesday	Wednesday	Thursday	Friday
	4:15 – 4:45 Phoenix Blazes		4:15 – 4:45 Phoenix Blazes	
5:00 – 5:50 All Belts	5:00 – 5:50 All Belts	5:00 – 5:50 All Belts & Sparring	5:00 – 5:50 All Belts	4:30 – 6:30 BB Testing extra class
6:00 - 6:50 All Belts	6:00 - 6:50 Black Belt and Bo Blacks Only	6:00 - 6:50 Advanced Belts (Brown and up: 12+ years old)	6:00 - 6:50 Black Belt Leadership	(any student allowed to attend for the conditioning portion – 4:30 – 5:20)
7:00 – 7:50 Adult Only (13+ years old)		7:00 – 7:50 Adult Only (13+ years old)		

All Students

- Plan on attending at least two classes per week and bring shoes for running every day
- Arrive at least 10 minutes before the start of a class
- Avoid disturbing any classes in progress
- For other classes see the Leesburg Schedule, call (703)777-1000, or check the website – www.ustma.com