



CLASS | SCHEDULE

MONDAY | CURRICULUM

2:00 PM- 3:30 PM PRIVATE LESSONS
4:00 PM- 4:45 PM TIGERS
4:50 PM- 5:35 PM BEG. DRAGONS
5:40 PM- 6:25 PM INT. & ADV. DRAGONS
6:30 PM- 7:15 PM TEENS & ADULTS
7:20 PM- 8:05 PM BLACK BELT CANDIDATES

WEDNESDAY | CURRICULUM

2:00 PM- 3:30 PM PRIVATE LESSONS
4:00 PM- 4:45 PM BEG. TIGERS
4:50 PM- 5:35 PM BEG. DRAGONS
5:40 PM- 6:25 PM INT. & ADV. TIGERS/DRAGONS
6:30 PM- 7:15 PM TEENS & ADULTS
7:20 PM- 8:20 PM LEVEL UP ATHLETICS

FRIDAY | CURRICULUM

2:00 PM- 3:30 PM PRIVATE LESSONS
4:00 PM- 4:45 PM TIGERS
4:50 PM- 5:35 PM DRAGONS
5:40 PM- 6:25 PM TEENS & ADULTS
6:30 PM- 7:15 PM DEMO TEAM

TUESDAY | SPARRING

2:00 PM- 3:30 PM PRIVATE LESSONS
4:00 PM- 4:45 PM BEG. TIGERS
4:50 PM- 5:35 PM BEG. DRAGONS
5:40 PM- 6:25 PM INT. & ADV. TIGERS/ DRAGONS
6:30 PM- 7:15 PM TEENS & ADULTS
7:20 PM- 8:40 PM NBT COMPETITION TEAM

THURSDAY | SPARRING

2:00 PM- 3:30 PM PRIVATE LESSONS
4:00 PM- 4:45 PM TIGERS
4:50 PM- 5:35 PM DRAGONS
5:40 PM- 6:25 PM TEENS & ADULTS
6:30 PM- 7:15 PM SPORT POOMSAE
7:20 PM- 8:40 PM NBT COMPETITION TEAM

SATURDAY | MORNING

8:00 AM- 8:45 AM PRIVATE LESSONS
9:00 AM- 9:45 AM TIGERS/DRAGONS
9:50 AM- 10:35 AM TEENS/ADULTS
10:45 AM- 12:30 PM NBT COMPETITION TEAM
12:45 PM- 3:00 PM PRIVATE/BIRTHDAY PARTIES

TIGERS: 4-7 YRS OLD | DRAGONS: 8-12 YRS OLD | TEENS/ADULTS: 13+ YRS OLD
BEGINNER: WHITE YELLOW ORANGE | INTERMEDIATE: GREEN PURPLE BLUE | ADVANCED: BROWN RED BLACK
PLEASE ATTEND YOUR APPROPRIATE CLASS UNLESS ADVISED BY MASTER INSTRUCTOR
CURRICULUM: TECHNIQUE, FORM, AND TESTING REQUIREMENTS | SPARRING: ATHLETICISM, SPORT, AND COMBAT SPECIFICS

* BRING CLEAN BELT AND UNIFORM TO EVERY CLASS * COMPLETE SAFETY GEAR REQUIRED AT YELLOW BELT (TUES & THURS)
* ARRIVE 5-10 MINUTES PRIOR TO CLASS START TIME, SIGN-IN ON TABLET, STRETCH, AND WAIT QUIETLY FOR CLASS TO BEGIN
* SCHOOL IS CLOSED ON SUNDAYS AND MOST MAJOR HOLIDAYS * STANDARD MEMBERSHIP INCLUDES UP TO 3 CLASSES/ WEEK
* ENRICHMENT CLASSES: COMPETITION TEAM, LEVEL UP, AND DEMO TEAM AVAILABLE AT ADDITIONAL RATE/MONTH

2015 N DOBSON RD STE 5 | CHANDLER | 85224
480.442.4045 | www.nbtaekwondo.com | nbtaekwondo@gmail.com

