



BRIARGATE TAEKWONDO

"RISE TO YOUR DREAMS"
 5563 Powers Center Point
 Colorado Springs, CO 80920
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www.SpringsTaekwondo.com



Effective Monday, June 3rd, 2024

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>KIDS BASIC COURSE</u> - (12 and Under)	4:15 - 5:00 PM	4:15 - 5:00 PM	4:15 - 5:00 PM	4:15 - 5:00 PM	4:15 - 5:00 PM
<u>KIDS RISE CLUB</u> - (12 and Under)	4:15 - 5:00 PM	4:15 - 5:00 PM	4:15 - 5:00 PM	4:15 - 5:00 PM	4:15 - 5:00 PM
<u>BASIC COURSE</u> - All Ages & Levels	6:30 - 7:15 PM	5:45 - 6:30 PM	5:00 - 5:45 PM	5:45 - 6:30 PM	5:45 - 6:30 PM
<u>RISE CLUB LOW</u> - YELLOW - BLUE - All Ages	6:30 - 7:15 PM	5:45 - 6:30 PM	5:00 - 5:45 PM	5:45 - 6:30 PM	5:45 - 6:30 PM
<u>RISE CLUB HIGH</u> - BROWN - BO DAN - All Ages	5:45 - 6:30 PM	5:00 - 5:45 PM	5:45 - 6:30 PM	6:30 - 7:15 PM	5:00 - 5:45 PM
<u>LEADERSHIP</u> - All Ages	5:45 - 6:30 PM	6:30 - 7:15 PM	5:45 - 6:30 PM	6:30 - 7:15 PM	5:00 - 5:45 PM
<u>BLACK BELT CLASS</u> - All Ages	----	6:30 - 7:15 PM	5:45 - 6:30 PM	----	----
<u>SPARRING CLASS</u> - ALL AGES	5:00 - 5:45 PM	----	----	5:00 - 5:45 PM	6:30 - 7:15 PM
<u>POOMSAE CLASS</u> - ALL AGES	----	----	----	----	6:30 - 7:15 PM
<u>DEMO TEAM CLASS</u>	----	----	6:30 - 7:15 PM	----	----
<u>STRENGTH & CONDITIONING - ADULTS</u>	5:30 - 6:15 AM	----	5:30 - 6:15 AM	----	5:30 - 6:15 AM
<u>FLEXIBILITY & CORE - ADULTS</u>	----	5:30 - 6:15 AM	----	5:30 - 6:15 AM	----
<u>ALL RANKS CURRICULUM - ADULTS</u>	6:15 - 7:00 AM	6:15 - 7:00 AM	6:15 - 7:00 AM	6:15 - 7:00 AM	6:15 - 7:00 AM

****Students are expected to arrive 10 minutes before the start of class****

1. Place personal items such as jackets on coat rack, socks and shoes in a cubby.
2. Please bring your own water bottle to class.
3. Students may warm-up if classroom is empty. No horseplay or climbing equipment.
4. Please remember to be quiet and courteous before and after your class.