



Monday A-Day	Tuesday A-Day	Wednesday B-Day	Thursday B-Day	Friday C-Day	Saturday C-Day
	All Belt <i>Family</i> 12:00-12:45		All Belt Family 12:00-12:45		All Belt Family 9:00-9:45
	Leadership 12:45-1:15		Leadership 12:45-1:15		Light Contact Sparring 9:45-10:15
White Yellow & Orange <i>Family</i> 5:00-5:45		Green & Up Family 5:00-5:45			Leadership/ Hapkido Forms class 10:15-10:45
Leadership 5:45-6:15	Lil-kicker Ages 4-6 4:00-4:45	Leadership 5:45-6:15	White Yellow & Orange <i>Family</i> 4:30-5:15	Lil-kicker Ages 4-6 4:30-5:15	
Green-up Family 6:15-7:00	Green-up Family 5:00-5:45	White Yellow & Orange Family 6:15-7:00	Leadership 5:15-5:45	All Belt Family 5:30-6:30	
Leadership 7:00-7:30	Leadership 5:45-6:15	Leadership 7:00-7:30	Green-up Family 5:45-6:30	Sparring & Competition 6:30-7:30	
Adult TKD 7:30-8:15	White Yellow & Orange Family 6:15-7:00	Adult TKD 7:30-8:15	Hapkido Adult Leadership 6:30-7:30	MA/Gymnastics & Forms Competition 7:30-8:30	
Leadership Fitness Kickboxing 8:15-8:45	Leadership 7:00-7:30	Leadership Fitness Kickboxing 8:15-8:45	Pro-black up 7:30-8:10		
	Hapkido Adult Leadership 7:30-8:30		C.I.T. 8:10-9:10		

Our stated mission:

To empower students and their families through Martial Arts by:

-Building confidence and self-esteem through goal setting and achievement

-Strengthening the mind and body through focused and disciplined training

-Enhancing community through acts of generosity and compassion

-Inspiring creative leadership and service that empowers others

***“American Dojo is building leaders....
One Black Belt at a time!”***

American Dojo Student Creed:

*Focus of the mind
Strength of the body
Honesty of the heart
Courage of the spirit....*

*A Black Belt leads
A Black Belt serves
A Black Belt perseveres....*

MY GOAL IS BLACK BELT

HI YA!!!