



Be Ryong Martial Arts

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Master Seung Hum Yun

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKING DAY!	FORMS!	FORMS!	SPARRING!	FORMS - BREAKING	FORMS - BREAKING
PRIVATE LESSONS (11:30)	ALL BELTS (11:30-12:15)	PRIVATE LESSONS (11:30)	ALL BELTS (11:30-12:15)	PRIVATE LESSONS (11:30)	HAP KI DO (10:00-10:50)
LITTLE DRAGON WHITE BELTS 4-6 yrs. old (4:30-5:05)	WHITE - YELLOW Kids & Family (4:30-5:15)	LITTLE DRAGON WHITE BELTS 4-6 yrs. old (4:30-5:05)	RED STRIPE - BLACK Kids - Teens - Adults (sparring gear) (4:30-5:15)	PRIVATE LESSONS (4:30-5:15)	KIDS ALL BELTS (11:00-11:45)
ORANGE - BLUE STRIPE Kids & Family (5:15-6:00)	RED STRIPE - BLACK Kids & Family (5:15-6:00)	ORANGE - BLUE STRIPE Kids & Family (5:15-6:00)	GREEN STRIPE - BLUE Kids & Family (sparring gear) (5:15-6:00)	DEMO TEAM (5:15-6:00)	TEENS & ADULTS 12 yrs old & up ALL BELTS (11:50-12:35)
BLUE - BLACK Kids & Family (6:00-6:45)	GREEN STRIPE - BLUE Kids & Family (6:00-6:45)	BLUE - BLACK Kids & Family (6:00-6:45)	WHITE - YELLOW Kids & Family (sparring gear) (6:00-6:45)	Tae Kwon Do Teens & Adults (6:00-6:45)	DEMO TEAM (12:40)
ALL BELTS Kids - Teens - Adults (6:45-7:30)	TEENS 11 - 16 years old All belts (6:45-7:30)	ALL BELTS Kids - Teens - Adults (6:45-7:30)	TEENS All Belts 11 - 16 years old (sparring gear) (6:45-7:30)	HAP KI DO All Belts (6:45-7:30)	BIRTHDAY PARTIES (2:00)
HAP KI DO All Belts (7:30)	Tae Kwon Do Adults - All Belts (7:30)	HAP KI DO All Belts (7:30)	Tae Kwon Do Adults - All Belts (sparring gear) (7:30)	OPEN MAT SPARRING (7:30)	Little Dragons - 4-6 yrs old Children - 7-10 yrs old Teens - 11-16 yrs old Adults- 17-up

1. Private lessons and birthday parties are by appointment.
2. Schedules are subject to change without notice.
3. Please let us know if you are taking a vacation.
4. No classes on testing days, belt ceremony days, and whenever the Alexandria Schools are closed due to weather conditions.

STUDENTS MUST ARRIVE 10 MINUTES BEFORE CLASS STARTS!!!