



Be Ryong Martial Arts

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 – 4:30	Little Dragon 4 – 6 Yrs Old	After School	After School	Little Dragon 4 – 6 Yrs Old	After School	Hap Ki Do 10:00 – 10:50
4:30 – 5:15	White – Yellow kids teens	Green S – Blue kids teens	Red S – Black kids teens	White – Yellow kids teens	White – Blue S kids	White – Green kids 10:50 – 11:30
5:15 – 6:00	Green S – Blue kids teens	White – Yellow kids teens	Green S – Blue kids teens	Green S – Blue kids teens SPARRING	Blue – Black kids	Blue S – Black kids 11:30 – 12:10
6:00 – 6:45	Red S – Black kids teens	All Belt kids teens adults	White – Yellow kids teens	Red S – Black kids teens SPARRING	All Belt teens adults	Tae Kwon Do teens adults 12:10 – 1:00
6:45 – 7:30	All Belt kids teens adults	Red S – Black kids teens adults	All Belt kids teens adults	All Belt teens adults SPARRING	Hap Ki Do	Demo Team 1:00 – 2:00
7:30	Hap Ki Do		Hap Ki Do			Birthday Party



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, and whenever the Alexandria Schools are closed due to weather conditions.

STUDENTS MUST HAVE THEIR SPARRING GEAR FROM GREEN STRIPES AND UP.
 STUDENTS MUST BRING THEIR SPARRING GEAR EVERY THURSDAY.
 SPARRING GEAR IS REQUIRED FOR TESTING (GREEN S & UP).