

# Cho's Academy TKD & Yoga: Schedule of Classes

effective 11/12/2010

| Times             | Monday                   | Tuesday                   | Wednesday                | Thursday                  | Friday                  | Saturday       |
|-------------------|--------------------------|---------------------------|--------------------------|---------------------------|-------------------------|----------------|
| <i>mornings</i>   |                          |                           |                          |                           |                         |                |
| 6:00              |                          |                           |                          |                           |                         |                |
| 6:30              |                          |                           |                          |                           |                         |                |
| 8:00              |                          |                           |                          |                           |                         | yang yoga      |
| 9:00              | yang yoga                | yoga HOLD                 | yang yoga                | yang yoga                 | yang yoga               |                |
| 9:30              |                          |                           |                          |                           |                         | family yoga    |
| 10:30             |                          |                           |                          |                           |                         |                |
| 11:00             | yoga HOLD                | yin yoga                  | restorative yoga         | yin yoga                  | yoga HOLD               | kids open tkd  |
| <i>afternoons</i> |                          |                           |                          |                           |                         |                |
| 12:15             | Kickfit kickboxing-music | yang yoga                 | belly dance              | Kickfit kickboxing-music  | yoga HOLD               | adult open tkd |
| 2:00              |                          |                           |                          |                           |                         | workshops      |
| 3:15              | panthers tkd a/b (3.5-4) |                           | panthers tkd a (3.5-4)   | panthers tkd b (3.5-4)    |                         |                |
| 3:30              |                          |                           |                          |                           |                         |                |
| 4:05              |                          | kids bgr tkd (5-13) wt/yl |                          | kids bgr tkd (5-13) wt/yl | youth yoga              |                |
| 4:30              | kids intr tkd (5-13) org |                           | kids intr tkd (5-13) org |                           |                         |                |
| <i>evenings</i>   |                          |                           |                          |                           |                         |                |
| 5:15              |                          | ashtanga youth yoga       |                          | Kids demo/fight teams     | kids adv tkd (5-13) org |                |
| 5:45              | adult bgr/adv HOLD       |                           | yang yoga                |                           |                         |                |
| 6:15              |                          |                           |                          |                           | yang yoga HOLD          |                |
| 6:30              |                          | adult open tkd            |                          |                           |                         |                |
| 7:00              |                          |                           |                          | adult open tkd            |                         |                |
| 7:15              | belly dance ~ 2010 only  | adult bgr/adv HOLD        | bjj - combat wrestling   | adult bgr/adv HOLD        | Kickfit kickboxing HOLD |                |

**Blue Blocks Indicate Youth TKD**

**Red Blocks Indicate Adult TKD & Kickboxing**

**Grey Blocks Indicate Adult Grappling**

**Green Blocks Indicate Adult Yoga**

**Orange Blocks Indicate Youth Yoga**

**SPECIAL SCHEDULE NOTES ON NEXT PAGE >>>**

**TKD:**

**2010 TKD Testing Schedule (Sundays):** Dec 12<sup>th</sup>

**2011 TKD Testing Schedule (Sundays):** Feb 13<sup>th</sup> - Feb 20<sup>th</sup> (*in Hawaii w/Grandmaster Hee Il Cho*) - Apr 17<sup>th</sup> - Jun 26<sup>th</sup> - Aug 28<sup>th</sup> - Oct 23<sup>rd</sup> - Dec 11<sup>th</sup>

**2010 Special Closures:** Thanksgiving, Winter 12/17/10 thru 1/3/11 (*Wintercamp @ Mammoth 12/17-12/21*)

**2011 Special Closures:** 2/17 thru 2/24 (*Ski Week @ AIAAA Hawaii*), May Memorial Day, July 4th, Sept Labor Day, Thanksgiving, Winter 12/19/11 thru 1/2/12

**Saturday Bootcamps:** 3<sup>rd</sup> Saturday of every month, classes at their regularly scheduled times, will be held at the LB HS track—kids & adults (weather permitting).

**2010/11 Family Night Tentative Schedule (Fridays):** To be announced via email as offered. Inquire for details.

**Adult Workshops:** Please ask for our Workshop Schedule for more info about the many martial art and yoga workshops offered.

**Classes on HOLD:** These classes will be added as student membership numbers grow.

**Private Lessons Available:** Inquire with Mr. Cho for TKD.