



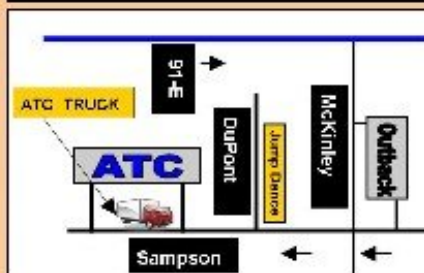
Class Schedule: Effective 2009-2010

2175 SAMPSON #111 CORONA Tel: 898-2022



DAYS	MON	TUE	WED	THU	FRI	SAT
ADULTS 10:00 - 11:00	COMMANDO HAPKIDO	GUMDO SWORD WEAPONS	COMMANDO HAPKIDO	GUMDO SWORD WEAPONS	TDT MILITARY - POLICE FULL GEAR	DEMO TEAM TIGER TEAM
ADULT 11:00 - 12:00 15YR - UP	WOMENS JIU-JITSU MINIMUM -2		WOMENS JIU-JITSU MINIMUM -2		WOMENS JIU-JITSU MINIMUM -2	DEMO TEAM DRAGON TEAM
FAMILIES 10YR - UP 12:00-1:00	COMMANDO TAEKWONDO SPARRING DRILLS	Tactical Defense Training FULL GEAR	COMMANDO TAEKWONDO TAGUEKS	TDT MILITARY - POLICE FULL GEAR	COMMANDO TAEKWONDO SELF DEFENSE CONDITIONING	GRACIE JIU-JITSU 12:00 - 1:15 GRAPPLING
ALL AGES 3:00 - 4:00	TESTING & PRIVATES	TESTING & PRIVATES	TESTING & PRIVATES	TESTING & PRIVATES	TESTING & PRIVATES	TAEKWONDO HYUNGS RED BELTS TO BLACK BELTS ADVANCED CONDITIONING
LITTLE LIONS 6YR - 9YR 4:00 - 5:00	KIDS GRACIE JIU-JITSU	KIDS GRACIE JIU-JITSU	KIDS GRACIE JIU-JITSU	KIDS BOXING CLASS	KIDS GRACIE JIU-JITSU	1:15PM - 2:15PM HAPKIDO GUMDO ROOM I
FAMILIES 10YR - UP 5:00 - 5:45	COMMANDO TAEKWONDO SPARRING	KIDS HAPKIDO 9YR - 11YR	COMMANDO TAEKWONDO HYUNGS T-INSTRUCTOR KURT SPILLMANN	KIDS HAPKIDO 9YR - 11YR	COMMANDO TAEKWONDO SELF DEFENSE & TAGUEKS CONDITIONING	
FAMILIES 10YR - UP 5:45 - 6:45	GRACIE JIU-JITSU White - Blue	GRACIE JIU-JITSU Blue White To Brown	GRACIE JIU-JITSU White - Blue	GRACIE JIU-JITSU Blue White To Brown	GRACIE JIU-JITSU White - Blue	TDT MILITARY - POLICE FULL GEAR 2:15 - APPOINTMENT
ADULTS 15YR - UP 6:45 - 7:45	GRACIE JIU-JITSU White - Blue	COMMANDO HAPKIDO	GRACIE JIU-JITSU White - Blue	COMMANDO HAPKIDO	GRACIE JIU-JITSU White - Blue	NO CLASSES ON TESTING WEEKENDS
ADULTS 16YR - UP 7:45 - 8:45		COMMANDO HAPKIDO	GRACIE JIU-JITSU Blue White To Brown	COMMANDO HAPKIDO	BOXING DRILLS KICKBOXING 7:45- 8:30	VISIT OUR WEBSITE FOR TESTING DATES

YOU MUST BE SCHEDULED FOR THE CLASSES YOU PLAN TO ATTEND - 16 STUDENTS MAX PER CLASS



2175 Sampson #111, Corona 92879



ROCIAN GRACIE JIU-JITSU



ADULTS & KIDS



COMMANDO HAPKIDO