



# BECK'S

MARTIAL ARTS FITNESS

**SCHEDULE BEGINS MONDAY SEPTEMBER 30TH**

2020 S COLLEGE AVE. FTC \* WWW.BECKSMARTIALARTS.COM \* 970-682-2648

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGERS 4:15 - 4:45	ADULT CLASS 11:00 - 11:55	TIGERS 4:15 - 4:45	WHITE - RED 4:30 - 5:10	TIGERS 4:30 - 5:00	TIGERS 9:00 - 9:30
WHITE- YELLOW 4:45 - 5:30	WHITE - RED 4:30 - 5:15	WHITE- YELLOW 4:45 - 5:25	TIGERS 5:10 - 5:40	WEAPON TRAINING 5:00 - 5:30	WHITE - RED 9:30 - 10:15
YEL/GREEN - RED 5:30 - 6:15	TIGERS 5:15 - 5:45	JUNIOR SPARRING 5:25 - 6:05	BLACK BELTS 5:40 - 6:40	COLOR BELT JUNIORS & ADULTS 5:30 - 6:15	TECHNIQUES 10:15 - 11:00
BLACK BELTS 6:15 - 7:15	BLACK BELTS & ADULTS 5:45 - 6:45	YEL/GREEN - RED 6:05 - 6:45	INSTRUCTOR WORKOUT 6:40 - 7:20	LEADER TRAINING 6:15 - 7:00	SELF DEFENSE 11:00 - 11:30
BLACK BELT & ADULT SPARRING 6:45 - 7:15	ADULT SPARRING 6:45 - 7:45	LEADER TRAINING 6:45 - 7:30	ADULTS 7:20 - 8:20	BLACK BELT ADVANCEMENT TRAINING 7:00 - 8:00	BLACK BELTS & ADULTS 11:30 - 12:30
ADULTS 6:45 - 7:45	<u>DRESS CODE</u> BECKS' MARTIAL ARTS UNIFORMS , GEAR & APPAREL ONLY. APPROVED T-SHIRT UNIFORMS CAN BE WORN ON FRIDAYS AND SATURDAYS. ALL UNIFORMS MUST BE CLEAN AND WELL MAINTAINED.				KICK BOXING 12:45 - 1:45

### ATTENDANCE

STUDENTS MUST ATTEND A MINIMUM OF 24 CLASSES TO BE ELIGIBLE TO TEST. THIS INCLUDES A CUMULATION OF ALL CLASS OPTIONS AVAILABLE TO EACH AGE/RANK STUDENT. YELLOW /GREEN BELTS AND ABOVE MUST ATTEND 6 SPARRING CLASSES IN BETWEEN TESTINGS.

### CALENDAR DATES

OCTOBER 23-25: CYCLE 5 TESTING  
 NOVEMBER 9: PARENTS NIGHT OUT  
 NOVEMBER 28 - 30: SCHOOL CLOSED  
 DECEMBER 7: REGIONAL BLACK BELT TEST  
 DECEMBER 18-20: CYCLE 6 TESTING  
 DECEMBER 23 - JAN 4: SCHOOL CLOSED  
 JAN 6: CLASSES RESUME