



# BECK'S

## MARTIAL ARTS FITNESS

**SCHEDULE BEGINS MONDAY NOVEMBER 2<sup>ND</sup>**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIGERS 4:00 - 4:30	TIGERS 4:00 - 4:30	TIGERS 4:00 - 4:30	TIGERS 4:00 - 4:30	VIRTUAL TAEKWONDO 3:15 - 3:55	TIGERS 9:00 - 9:30
WHITE - YELLOW/ GREEN 4:35 - 5:15	WHITE - YELLOW/ GREEN 4:35 - 5:15	TIGER / JUNIOR SPARRING 4:35 - 5:15	WHITE - YELLOW/ GREEN 4:35 - 5:15	TIGERS 4:00 - 4:30	BOARD BREAKING 9:35 - 10:05
GREEN - RED 5:20 - 6:00	GREEN - RED 5:20 - 6:00	WHITE - RED 5:20 - 6:05	GREEN - RED 5:20 - 6:00	WEAPONS TRAINING 4:35 - 5:05	POOMSAE 10:10 -10:40
BLACK BELTS 6:05 - 6:55	BLACK BELTS 6:05 - 6:50	LEADER TRAINING 6:10 - 6:40	INSTRUCTOR WORKOUT 6:05 - 6:50	FIGHTER FITNESS 5:15 - 6:00	ADULTS 10:45 - 11:30
ADULTS 6:30 - 7:30	ADULTS 6:55 - 7:45	BLACK BELTS & ADULTS 6:45 - 7:45	ADULTS 6:55 - 7:45	DEMO TEAM PRACTICE 6:05 - 7:00	BLACK BELTS 11:35 - 12:20
<i>SYMBOLIZES VIRTUAL CLASSES</i>	<p><u>CLASS DESCRIPTIONS</u></p> <p>TIGERS: ages 4-6; recommended three 30 minute classes every week.</p> <p>FIGHTER FITNESS: ages 12 &amp; up . Parents welcome! 45 min. combat based cardio training</p> <p>WHITE - RED: ages 7-12; belt rank classes; recommended 3-4 classes per week</p> <p>LEADER TRAINING: Leadership Program Class: community service, class assisting,</p> <p>WEAPONS TRAINING: ages 7 &amp; up - rotating focus on select weapons</p> <p>BOARD BREAKING: ages 7 &amp; up - board breaking focus for testings and demonstrations</p> <p>POOMSAE: ages 7 &amp; up- All rank class focusing on improving student forms</p> <p>TIGER/JUNIOR SPARRING: Sparring focused class for Tigers and Junior color belts</p> <p>VIRTUAL TAEKWONDO: Virtual taekwondo class for juniors only.</p>				
					<i>SYMBOLIZES VIRTUAL CLASSES</i>
<p><u>DRESS CODE</u></p> <p>BECKS' MARTIAL ARTS UNIFORMS , GEAR &amp; APPAREL ONLY. APPROVED T-SHIRT UNIFORMS CAN BE WORN ON FRIDAYS AND SATURDAYS. FACE COVERINGS MUST BE WORN DURING ALL CLASSES WHEN POSSIBLE.</p>			<p><u>CALENDAR DATES</u></p> <p>NOV 6-7: In school and Virtual Tournament</p> <p>NOV 14: No Classes on 2nd Saturdays</p> <p>Nov 26-28: no Classes: Thanksgiving Holiday</p> <p>DEC 5: Colorado Regional Black Belt Testing</p>		