



BECK'S

MARTIAL ARTS FITNESS

SCHEDULE BEGINS MONDAY JUNE 1st

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|---|---|
| TIGERS 4:00 - 4:30 | PRIVATE LESSONS 2:00 - 3:45 | TIGERS 4:00 - 4:30 | PRIVATE LESSONS 2:00 - 3:45 | TIGER / JUNIOR WEAPONS 4:15 - 4:45 | TIGERS 9:00 - 9:30 |
| WHITE - YELLOW 4:35 - 5:15 | TIGERS OUTDOOR 3:50 - 4:20 | WHITE - YELLOW 4:35 - 5:15 | TIGERS OUTDOOR 3:50 - 4:20 | BLACK BELTS & ADULTS WEAPONS 4:45 - 5:15 | (ages 7-12) BEGINNER SELF-DEFENSE 9:35 - 10:05 |
| JUNIOR SPARRING 5:20 - 5:50 | WHITE - RED OUTDOOR 4:20 - 5:00 | YELLOW/ GREEN -RED 5:20 - 6:00 | WHITE - RED OUTDOOR 4:20 - 5:00 | FIGHTER FITNESS 5:20 - 6:05 | (ages 13 and up) ADV. SELF- DEFENSE 10:10 -10:40 |
| YELLOW/ GREEN -RED 5:55- 6:35 | BLACK BELTS & ADULTS OUTDOOR 5:00 - 6:00 | LEADER TRAINING 6:05 - 6:35 | BLACK BELTS & ADULTS OUTDOOR 5:00 - 6:00 | INSTRUCTOR TRAINING 6:05 -6:45 | ADULTS 10:45 - 11:30 |
| BLACK BELTS & ADULTS 6:40 - 7:20 | PRIVATE LESSONS 6:00 - 7:00 | BLACK BELTS & ADULTS 6:40 - 7:20 | PRIVATE LESSONS 6:00 - 7:00 | DEMO TEAM 6:45 - 7:45 | BLACK BELTS 11:35 - 12:20 |

CLASS DESCRIPTIONS

TIGERS : Ages 4 - 6 Beginner Taekwondo for our youngest age group
 White - Red: Ages 7-12. Taekwondo for kids working to earn Black Belt
 Adults: Ages 13 and Up. Taekwondo for health, wellness, and self-defense.
 Black Belts: All Age Taekwondo for experiences students.
 Outdoor Classes: Tues/Thurs at Spring Park
 Weapons: Kammata instruction. All Ages welcome
 Leadership: Ages 9 - 17. Teaching skills, community service, and leadership education.
 Fighter Fitness: HIIT style workout for anyone over the age of 13. Family members are free
 Self-Defense: Practical applications for taekwondo and other martial arts.
 Kickboxing: Adults only. Technique drills and sparring.

KICK
BOXING
12:30 - 1:15



DRESS CODE

BECKS' MARTIAL ARTS UNIFORMS , GEAR & APPAREL ONLY.
 APPROVED T-SHIRT UNIFORMS CAN BE WORN ALL SUMMER
 LONG. MASK POLICIES MAY CHANGE, CONSULT AN INSTRUCTOR IF YOU HAVE QUESTIONS

CALENDAR DATES

June 4: Regional Black Belt Testing (no classes)
 June 7 - 11: Summer Camp Week (Modified class sched M-F)
 June 12: Closed for 2nd Saturday
 June 23 - 24: Cycle 3 Testing
 July 2-3: School Closed: Independence Day