



# BECK'S

MARTIAL ARTS FITNESS

**SCHEDULE BEGINS MONDAY AUGUST 16<sup>TH</sup>**

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

| MONDAY                              | TUESDAY                         | WEDNESDAY                           | THURSDAY                        | FRIDAY                                     | SATURDAY                                |
|-------------------------------------|---------------------------------|-------------------------------------|---------------------------------|--|---|
| TIGERS<br>4:30 - 5:00               | BEGINNER JUNIORS<br>4:20 - 5:00 | TIGERS<br>4:30 - 5:00               | ADVANCED JUNIORS<br>4:20 - 5:00 | TIGER / JUNIOR WEAPONS<br>4:30 - 5:00      | <i>CLOSED 2ND SATURDAY OF THE MONTH</i> |
| BEGINNER JUNIORS<br>5:00 - 5:40     | TIGERS<br>5:00 - 5:30           | BEGINNER JUNIORS<br>5:00 - 5:40     | TIGERS<br>5:00 - 5:30           | BLACK BELTS & ADULT WEAPONS<br>5:00 - 5:30 | TIGERS<br>10:00 - 10:30                 |
| JUNIOR SPARRING<br>5:40 - 6:10      | ADVANCED JUNIORS<br>5:30 - 6:10 | ADVANCED JUNIORS<br>5:40 - 6:20     | BEGINNER JUNIORS<br>5:30 - 6:10 | FIGHTER FITNESS<br>5:30 - 6:10             | JUNIORS (ALL RANKS)<br>10:30 - 11:10    |
| ADVANCED JUNIORS<br>6:10 - 6:50     | TEENS & ADULTS<br>6:10 - 7:00   | LEADER TRAINING<br>6:20 - 6:50      | BLACK BELTS<br>6:10 - 7:00      | INSTRUCTOR TRAINING<br>6:10 - 6:40         | BLACK BELTS & ADULTS<br>11:10 - 11:55   |
| BLACK BELTS & ADULTS<br>6:50 - 7:35 | BLACK BELTS<br>7:00 - 7:45      | BLACK BELTS & ADULTS<br>6:50 - 7:35 | TEENS & ADULTS<br>7:00 - 7:45   | DEMO TEAM<br>6:45 - 7:30                   | KICK BOXING<br>12:00 - 12:50            |

### CLASS DESCRIPTIONS

Tigers : Ages 4 - 6 Beginner Taekwondo for our youngest age group  
 Juniors :Beginner (white - yellow belt) Advanced (yellow/green - red belt) Taekwondo for ages 7 - 12  
 Teen & Adults: Ages 13 and Up. Taekwondo for health, wellness, and self-defense.  
 Black Belts: All Age Taekwondo for experienced students.  
 Weapons: Kamas 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  
 Kickboxing: Adults only. Technique drills and sparring.

### DRESS CODE

BECKS' MARTIAL ARTS UNIFORMS , GEAR & APPAREL ONLY.  
 APPROVED T-SHIRT UNIFORMS CAN BE WORN THROUGH  
 AUGUST 30. FULL UNIFORMS STARTING SEPTEMBER 1ST  
MASK POLICIES MAY CHANGE, CONSULT AN INSTRUCTOR IF  
YOU HAVE QUESTIONS

### CALENDAR DATES

Aug 18 - 20: Cycle 4 Testing  
 Aug 28: Cycle 4 Belt Ceremony  
 Sept 4- 6 : Labor Day Weekend, School Closed  
 Sept 11—School Closed, 2nd Saturday of every month  
 Sept 30 - Oct 2: School Closed: UWTA Grand Nationals