

## Park Ridge Summit Martial Arts Center

168 Kinderkamack Rd. \* [Tel:201-307-8922](tel:201-307-8922) [www.tkdparkridge@gmail.com](http://www.tkdparkridge@gmail.com)

**(Effective 9/18/2017)**

Class		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Pee Wee</b>	<b>All Belts (2.5-5yr)</b>	3:50 – 4:20 pm 6:20 – 6:50pm	3:40 – 4:10pm 6:10 - 6:40 pm	3:50 – 4:20pm 6:20 – 6:50pm	4:10 – 4:40 pm	3:50 – 4:20 pm	<b>All Pee Wee</b> 9:30 – 10:00 am
<b>Children</b>	<b>No, White, &amp; Yellow, Orange</b>	5:40 – 6:20 pm	6:40 – 7:20 pm	5:00 –5:40pm	4:40 – 5:20 pm 6:00 – 6:40 pm	4:20 – 5:00 pm	<b>NO – Orange</b> 10:00 –10:40 am
	<b>Green, Blue, Purple, H. Purple</b>	5:00 – 5:40 pm	5:30 – 6:10 pm	4:20 – 5:00pm	4:40 – 5:20 pm <b>6:00 – 6:41 pm (Sparring/Form)</b>	5:00 – 5:40 pm	<b>Green - All JR BLACK</b> 10:40 –11:20 am
	<b>Red, H. Red, Brown, H. Brown</b>	4:20 – 5:00 pm	4:50 – 5:30 pm	5:40 – 6:20pm	6:40 – 7:20 pm <b>(Sparring/Form)</b>	5:00 – 5:40 pm	<b>BLACKBELT Teen/ Adult</b> 11:20– 12:10 pm
	<b>All Jr. Black</b>	4:20 – 5:00 pm	4:50 – 5:30 pm	5:40 – 6:20pm	6:40 – 7:20 pm <b>(Sparring/Form)</b>	4:20 – 5:00 pm	<b>*Master Lee Invite Only</b> <b>12:10 –12:50 pm Leadership</b>
<b>1<sup>st</sup> Dan BLACKBELT</b>	6:50 – 7:30 pm <b>(Sparring/Form)</b>	4:10 – 4:50 pm 7:20 – 8:00 pm	6:50 – 7:30pm	5:20 – 6:00 pm 7:20 – 8:00pm	5:40 – 6:20 pm		
<b>2<sup>nd</sup>, 3<sup>rd</sup> &amp; 4<sup>th</sup> Dan BLACKBELT</b>	7:30 – 8:30 pm <b>(Sparring/Form)</b>	4:10 – 4:50pm 7:20 – 8:00pm 8:00 – 8:50pm	6:50 – 7:30pm	5:20 – 6:00 pm 7:20 - 8:00 pm 8:00 – 8:50 pm	6:20 – 7:00 pm		
<b>Teen &amp; Adult</b>	7:30 – 8:30pm	8:00 - 8:50 pm	6:50 – 7:30pm	8:00 – 8:50 pm	5:40 – 6:20 pm		
			<b>SWAT</b> <b>7:30- 9:00pm</b>		<b>ALL BELT SPARRING</b> <b>6:20 – 7:00 pm</b>		

**\*\*BLACKBELTS MUST HAVE SPARRING GEAR AT EVERY CLASS\*\***