



412-826-8004
Effective: October 15th, 2018

Website: www.OakmontMartialArts.com
Facebook: www.facebook.com/ataOakmont
Twitter: www.twitter.com/ataOakmont

Tigers

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tigers - White, Orange, Yellow	4:45 - 5:15	5:00 - 5:30	4:45 - 5:15		6:00 - 6:30	9:00 - 9:30
Tigers - Camo, Green, Purple	4:45 - 5:15		4:45 - 5:15	4:45 - 5:15	6:00 - 6:30	9:30 - 10:00

Youth Taekwondo

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth - White, Orange, Yellow	5:15 - 6:00	5:30 - 6:15	6:00 - 6:45	7:00 - 7:45		11:00 - 11:45
Youth - Camo, Green	6:00 - 6:45		7:00 - 7:45	5:15 - 6:00		11:00 - 11:45
Youth - Purple	6:00 - 6:45		7:00 - 7:45	5:15 - 6:00		10:15 - 11:00
Youth - Blue, Brown, Red, 1st Deg Rec	7:00 - 7:45		5:15 - 6:00	6:00 - 6:45		10:15 - 11:00
Youth - Black Belt	7:00 - 7:45		5:15 - 6:00	6:00 - 6:45		10:15 - 11:00

Teen / Adult Taekwondo

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Teen / Adult - All Ranks	7:45 - 8:45	7:45 - 8:45	7:45 - 8:45	7:45 - 8:45		12:00 - 12:45
Teen / Adult - Black Belt	7:45 - 8:45	7:45 - 8:45	7:45 - 8:45	7:45 - 8:45		12:00 - 12:45

Specialty Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Class (parent(s) & child must both be enrolled)					6:45 - 7:30	
Sparring Class (see monthly calendar)	See monthly calendar for sparring themed days.					
SWAT Class (first Tuesday of each month)		7:00 - 7:45				
Leadership (see monthly calendar)		7:00 - 7:45				
Instructor Development (see monthly calendar)		7:00 - 7:45				
Private Lessons (by appt only)	Private lessons are by appointment only.					

Advanced students: You are welcome and encouraged to take lower rank classes to maintain knowledge of the basic material.

Age Groups (approximate):
Tiny Tigers: age 3 - 7
Youth: age 7 - 13
Teen / Adult : ages 13 and up

Makeup policy: If you miss a class for any reason, you are encouraged to make up that class during other weeks in the same month. You may attend any class of your age and rank - no need to call or schedule.