



Neill's Taekwondo and Fitness

630 Weaver Dairy Road, Suite 105, Chapel Hill, NC 27514
(919) 942-6622 www.taekwondo-fitness.com

Class Schedule effective Monday, January 2, 2012

Family: All ages/ranks **Beginner:** White—Yellow **Intermediate:** Senior Yellow—Blue **Advanced:** Senior Blue—Black **Black Belts:** Senior Red +

Class	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Dragons	4½ — 6		4:15—5:00 pm		4:15—5:00 pm	Private Lessons by Appointment	10:00—11:00 am
Kids Beginner	7—12		5:10—6:00 pm		5:10—6:00 pm		10:00—11:00 am
Kids Intermediate	7—12	4:10—5:00 pm		4:10—5:00 pm			10:00—11:00 am
Kids Advanced	7—12	5:10—6:00 pm		5:10—6:00 pm			11:10 am—12:30 pm
Family Class	4½ +			6:10—7:00 pm	6:10—7:00 pm		10:00—11:00 am
Beginner Adults	12 +	1:05—2:00 pm	7:10—8:00 pm	1:05—2:00 pm	7:10—8:00 pm	1:00—2:00 pm All Adults	11:10 am—12:30 pm
Intermediate & Above Adults	12 +	1:05—2:00 pm	8:10—9:30 pm	1:05—2:00 pm	8:10—9:30 pm		11:10 am—12:30 pm
Sparring Class	7 +					7:10—8:00 pm	
Competition Team	7 +		6:10—7:00 pm			5:00—7:00 pm	
Junior Black Belts	7—12	7:10—8:00 pm		7:10—8:00 pm			11:10 am—12:30 pm
SWAT/STORM	7 +	6:10—7:00 pm					
Tai Chi	10 +			11:00—12:00 pm		11:00—12:00 pm	
Open Dojo	By Per- mission	12:00—1:00 pm		12:00—1:00 pm			12:30—1:00 pm
Ju-Jitsu & Mixed Martial Arts	14+	8:10—9:30 pm (Mixed Martial Arts)		8:10—9:30 pm (Ju-Jitsu)		8:10—9:30 pm (Ju-Jitsu)	

Class Policies: 1. Testing is the last Friday of the Month for all ranks. 2. Private Lessons by Appointment. 3. If a class contains 3 or less participants, the certified instructor is privileged to diminish the class time by half, unless otherwise specified by Master Neill. 4. Minimum for Sparring classes: foot pads, gloves, and helmet all foam dipped rubber. Mouth piece & protective cup (male) optional for color belts, required for black belts. 5. Minimum for Weapons classes: 2 Escrima sticks, 2 training blades. Taekwondo classes: White uniform pants, white uniform top (TKD T-shirt or white T-shirt ONLY!), YOUR rank belt (when in doubt get a white one). Ju-Jitsu and MMA is taught by a guest instructor of Neill's TKD, Grand Master John Dowdy. Master Dowdy has a 9th Degree Black Belt Tiger Shark Hapkido, 5th Degree Black Belt American Jujitsu and is a veteran UFC fighter. We are privileged and honored to offer Master Dowdy's classes to all Neill's TKD members at no additional charge. Protective cup (male) and dobok top required for these classes.