



Neill's Family Taekwondo and Fitness

1706 East Franklin Street, Chapel Hill NC 27514

(919) 942-6622 www.taekwondo-fitness.com

Class Schedule effective Monday, August 29

Class	Monday	Tuesday	Wednesday	Thursday	Friday
AD	11:30am—12:30pm		11:30am—12:30pm		11:30am—12:30pm
AL					5:00pm—5:45pm
AL:LP					5:45pm—6:00pm
BB		7:00pm—8:30pm		6:00pm—6:45pm	
BB:LP				6:45pm—7:00pm	
C1	6:00pm—6:45pm	5:00pm—5:45pm	6:00pm—6:45pm	5:00pm—5:45pm	
C1:LP	6:45pm—7:00pm	5:45pm—6:00pm	6:45pm—7:00pm	5:45pm—6:00pm	
C2	5:00pm—5:45pm	6:00pm—6:45pm	5:00pm—5:45pm	6:00pm—6:45pm	6:00pm—6:45pm
C2:LP	5:45pm—6:00pm	6:45pm—7:00pm	5:45pm—6:00pm	6:45pm—7:00pm	6:45pm—7:00pm
MC			7:00pm—7:30pm		7:00pm—7:30pm

Class Descriptions

AD: All levels of adults ages 14+.

AL: All levels! Perfect for families that include the C1 and C2 ranks.

BB: The black belt class is for students with a senior red belt and higher.

C1: Core beg. level Taekwondo class for white through green belt.

C2: Core int. and adv. Taekwondo class for green belt and above.

MC: Martial conditioning is an energetic half hour of fun music, exercise, and punching bag drills.

LP: Leadership program is designated for 36 month membership or charter members.

Class Policies

1. No children under 12 allowed at the 7pm or later classes without instructor permission for every occasion.
2. Private lessons by appointment.
3. If a class contains three or less participants, the certified instructor is privileged to diminish the class time by half, unless otherwise specified by Master Neill.