



# INTERNATIONAL MARTIAL ARTS

## CLASS SCHEDULE FOR BELLEVILLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM to 6:45 AM	TBD	TBD	TBD	TBD	TBD	Private 9:00 - 9:45
4:30 PM to 5:00 PM	Little Tigers	Little Tigers	Little Tigers	Private	Private	<b>IMA FIT</b> 10:00 - 10:45
5:15 PM to 6:00 PM	Kids	Teens	Kids	Teens	Kids & Teens	Kids & Teens 11:00 - 11:45
6:15 PM to 7:00 PM	Teens	Kids	Teens	Kids	<b>IMA FIT</b>	Sport Taekwondo 12:00 - 12:45
7:15 PM to 8:00 PM	<b>IMA FIT</b>	<b>IMA FIT</b>	<b>IMA FIT</b>	OFF	Private	<b>Birthday Parties Available on Weekends</b>
8:15 PM to 9:00 PM	Private	Private	Private	Private	Private	



facebook.com/BellevilleIMA



Rev. 3/2017

### CLASSES BY AGE, BELT & MASTER APPROVAL

- Little Tigers: 2 ½ to 5
- Kids: 5 to 10
- Teens: 10 to 13
- Adults: 14 & up
- Beginners: White, Yellow, Orange & Green Belts
- Advanced: Blue Belts & up

### DO JANG RULES

- Greet instructors properly
- Outside shoes are not allowed on the mats
- Wear your taekwondo shoes in the school
- Put your shoes and sparring bags neatly to the side
- Food and drinks are not allowed on the mats
- Do not leave any belongings on the mats

### CLASS ATTENDANCE RULES

- Students should arrive 5-10 minutes before class
- Students should be picked up within 10 minutes after class
- Notify the academy if you will be missing classes for a period of time for vacation, medical reason, etc.
- Students may only attend classes for their age and/or belt rank



Join Master Elshikh's text notification group. To join, send a text to **81010** with the message **@imabel**.