



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	Little Tigers 9:00 - 9:30
4:30 PM to 5:00 PM	Little Tigers	Little Tigers	Little Tigers	Private	IMA STAFF TRAINING NO REGULAR CLASSES 4:30-7:30	IMA FIT 10:00 - 10:45
5:15 PM to 6:00 PM	Kids Belts White - Green	Kids Belts Blue & Up	Kids Belts White - Green	Kids Belts Blue & Up		Kids & Teens 11:00 - 11:45
6:15 PM to 7:00 PM	Kids Belts Blue & Up	Kids Belts White - Green	Kids Belts Blue & Up	Kids Belts White - Green		Sport Taekwondo 12:00 - 1:30
7:15 PM to 8:00 PM	Teens & Adults All Belts	Teens & Adults All Belts	Teens & Adults All Belts	Teens & Adults All Belts	ZUMBA 7:30 - 8:30	Birthday Parties Available on Weekends
8:15 PM to 9:00 PM	IMA FIT	Private	IMA FIT	IMA FIT	Private	

IMA FIT



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Rev. 01/2019

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

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

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



ALTERNATING WEAPONS & SPARRING WEEKS

- "A" Weeks we offer Forms, Self-Defense & Weapons Classes
- "B" Weeks we offer Kicking Drills & Sparring Classes



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