

# INTERNATIONAL MARTIAL ARTS

## RANDOLPH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30 PM TO 5:00 PM	Little Tigers	PRIVATE	PRIVATE	Little Tigers	Private
5:15 PM TO 6:00 PM	KIDS All Belts	PRIVATE	PRIVATE	KIDS & TEENS Advance	IMA Staff Training
6:15 PM TO 7:00 PM	TEENS ADULTS All Belts	KIDS Advance	KIDS All Belts	KIDS & TEENS Beginners	IMA Staff Training
7:15 PM TO 8:00 PM	IMA <sub>I</sub> FIT	KIDS Beginners	TEENS ADULTS All Belts	IMA <sub>  </sub> FIT	IMA Staff Training
8:15 PM TO 9:00 PM	PRIVATE	TEENS ADULTS All Belts	IMA/FIT	PRIVATE	IMA Staff Training

SATURDAY
8:00 to 8:45 AM
Little Tigers 9:30 AM 10:00 AM
KIDS & TEENS 10:00 to 10:45 AM
SPORT TAEKWONDO 11:15 to 12:00 AM
Birthday Party only available on Weekends









## **CLASSES BY AGE, BELT & MASTER APPROVAL**

• Little Tigers: 3 to 5 Years old.

• Kids: 6 to 10 Years old. • Teens: 11 to 14 Years old.

• Adults: 15 and Up

• Beginners: White, Yellow, Orange & Green belt's.

• Advance: 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 vacations, 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.



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