

Cho's Academy Tae Kwon Do Schedule

FREE Trial Lessons held on Thursdays & Saturdays only (Panther Trials on either Mon or Wed) ~ Call Ahead To Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00						kids open class
12:15						adult open
2:00						adult workshops
3:15	panthers (ages 3.5-4)		panthers (ages 3.5-4)			
3:30						
4:05		kids bgr (ages 5-13) wt		kids bgr (ages 5-13) wt	kids adv (5-13) orng	
4:30	kids int/adv (5-13) ylw		kids int/adv (5-13) ylw			
5:15		kids bgr (9-13) HOLD		kids bgr (9-13) HOLD	youth yoga w/ms. sara	
5:45			adult yoga			
6:30		adult open		adult bgr HOLD		
7:00	adult open HOLD			adult open	adult open HOLD	
7:45		adult adv HOLD		adult adv HOLD		

SPECIAL SCHEDULE NOTES:

Saturday Bootcamps: 3rd Saturday of every month, classes at their regularly scheduled times, will be held at the LB HS track—kids & adults (weather permitting).

Private Lessons Available: Inquire with Mr. Cho for TKD and Ms. Sara for Yoga.

2010 TKD Testing Schedule (Sundays): Feb 28th - Apr 25th - Jun 27th - Aug 29th - Oct 24th - Dec 12th

2010 Family Night Tentative Schedule (Fridays): Jan 29th - Mar 26th - May 21st - Sep 24th - Dec 3rd

2010 Special Closures: ~~May Memorial Day~~, Sept Labor Day, Nov Thanksgiving Weekend, Dec & Jan 12/24 thru 1/3

Adult Workshops: Please ask for our Workshop Schedule for more info about the many martial art and yoga workshops offered.

Children Workshops: These special workshops just for kids include youth yoga, leadership camps, sparring clinics, demo team practices, etc.

Classes on HOLD: These classes will be added as student membership numbers grow.

Cho's Academy ~ 1966 S. Coast Hwy, Laguna Beach ~ 949-281-7517 ~ www.chosacademy.com ~ Updated 7/05/10 --- Subject to Change Without Notice