

# DTA WINTER SCHEDULE 2019 - Effective Dec 19th, 2019

ELITE - Mondays 6:45-7:30pm  
Clinics / Privates on Sat 1-3pm

<b>KNUCKLEHEADS [ 3 - 5 year olds ] (30 min)</b>						
RANK	Mon	Tues	Wed	Thurs	Fri	Sat
White - Red KNUCKLE	4:45pm	<b>11:15am</b> 5:30pm	4:00pm	<b>11:15am</b> 5:30pm	4:45pm	10:00am
BLACK KNUCKLE (Sr. White)	5:15pm	6:00pm	4:30pm	6:00pm	5:15pm	10:00am
<b>KIDS [ 6-11 year olds ] (30 min)</b>						
RANK	Mon	Tues	Wed	Thurs	Fri	Sat
White & Yellow	5:15pm	6:00pm	4:30pm	6:00pm	5:15pm	10:00am
Orange & Green	5:15pm	6:00pm	4:30pm	6:00pm	5:15pm	11:30am
Purple, Blue, Brown, & Red	6:00pm <i>Break After</i>	4:30pm <i>Break Before</i>	<b>Combat Class</b> 5:00pm <b>Skills Class</b> 5:30pm <b>**NO BREAK**</b>	4:30pm <i>Break Before</i>	6:00pm <i>Break After</i>	<b>EXTREME</b> 11:30am <i>Break After</i>
Black Belt JRs	6:00pm <i>Break After</i>	<b>Black Belts ONLY</b> 5:00pm <i>Break After</i>	<b>Combat Class</b> 5:00pm <b>Skills Class</b> 5:30pm <b>**NO BREAK**</b>	<b>Black Belts ONLY</b> 5:00pm <i>Break After</i>	6:00pm <i>Break After</i>	<b>Black Belts</b> [all ages] 10:45am <b>[45 min]</b> <i>Break Before</i>
<b>TEENS [ 12-15 year olds ] / ADULTS [16+] (45 min)</b>						
TIME	Mon	Tues	Wed	Thurs	Fri	Sat
<b>DAY (all)</b>		<b>11:45am</b>		<b>11:45am</b>		10:00am W&Y (30 min)
<b>NIGHT</b>	7:30pm ALL RANKS	6:45pm TEENS ONLY 7:30pm ADULTS ONLY	6:45pm COLOR BELTS <b>SKILLS FOCUS</b>	6:45pm TEENS ONLY 7:30pm ADULTS ONLY	6:45pm <b>Casual Friday</b> <i>Wear TKD shirt w/ shorts or sweats - belt optional</i>	<b>10:45am</b> <b>BLACK BELTS</b>
<b>SPECIAL</b>	<b>FIGHT CLUB</b> 8:15pm (15-30 min)		7:30pm <b>BLACK BELTS</b> [1 hour]		<b>OPEN MAT</b> 7:30pm (30 min)  Work on Forms	12:15pm  <i>Orange- Red</i>