

# Jhoon Rhee Black Belt Academy

Amended schedule  
starts August 22nd, 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Cardio Kick Boxing		9:30 Cardio Kick Boxing			
No changes	No major changes merged Forms 2 & 3	added FLAG removed Staff	added CIT removed Forms 2	No changes	added FLAG
5:00 Core: Beg / Int All Ages	5:30 Core: Adv All Ages	5:00 Core: Beg / Int All Ages	5:30 Eastern Sword	5:30 Forms: Stg 2	9:00 Black Belts All Degrees
6:00 Demo Team	6:30 Forms: Stg 2 & 3	6:00 Exodus	6:30 Core: Beg / Int All Ages	6:00 Core: Beg / Int All Ages	10:30 Forms: Stg 3
6:30 Core: Adv All Ages	7:00 Black Belts All Degrees	6:30 Core: Adv All Ages	7:30 Staff/CIT Meeting	7:00 Advanced All Ages	11:00 Fight / Girl 10+ women
7:30 Sparring Teens & Adults		7:30 Fight / Girl 10+ women			12:00 Eastern Sword
*** Demo Team new class time will start in October, AFTER the BB Exam					