

# CLASS TIMES

Please register your email address at [www.BESTTKD.com](http://www.BESTTKD.com)  
 for updates on the school and events.



(503)492-5522		<b>A-Day</b>		<b>B-Day</b>		<b>A&amp;B-Day</b>	<i>Effective on September 12,2011</i>
<b>GRESHAM</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	
<b>PRIVATE CLASS</b>		Private Lesson Available during weekday & weekend by Appointment Only.					
<b>GROUP CLASS by Rank</b>	<b>White</b>	4:30 ~ 5:00	5:15 ~ 5:45	4:30 ~ 5:00	5:15 ~ 5:45	<b>White &amp; Yellow Only</b> 6:00 ~ 6:30	<b>MASTERS CLUB BBTC CLUB on Wednesday</b> 5:15 ~ 5:55 OR 7:15 ~ 7:55
	<b>Yellow</b>	6:40 ~ 7:10		6:40 ~ 7:10			
	<b>Orange</b>	4:30 ~ 5:10	4:30 ~ 5:10	4:30 ~ 5:10	4:30 ~ 5:10	<b>Orange &amp; Above</b> 4:30 ~ 5:00 OR 6:40 ~ 7:10	<b>SPARRING CLUB*</b> on Friday 4:00 ~ 4:30 OR 7:00 ~ 7:30
	<b>Green</b>	7:15 ~ 7:55	7:00 ~ 7:40	<b>MASTERS /BBT Class</b> 5:15 ~ 5:55 OR 7:15 ~ 7:55	7:00 ~ 7:40		
	<b>Purple</b>	5:15 ~ 5:55	4:30 ~ 5:10		4:30 ~ 5:10		
	<b>Blue</b>	7:15 ~ 7:55	7:00 ~ 7:40		7:00 ~ 7:40		
	<b>Brown</b>	5:15 ~ 5:55	4:30 ~ 5:10		4:30 ~ 5:10	<b>Elite Training</b> 5:00 ~ 5:50	* Bring your own full sparring gear approved by BEST TAEKWONDO ACADEMY
	<b>Red</b>	7:15 ~ 7:55	7:00 ~ 7:40		7:00 ~ 7:40		
<b>Sr.Red</b>	7:15 ~ 7:55	7:00 ~ 7:40		7:00 ~ 7:40			
<b>Rec.Black</b>	5:15 ~ 5:55	4:30 ~ 5:10		4:30 ~ 5:10			
<b>Black</b>	6:40 ~ 7:55	7:40 ~ 8:30	6:40 ~ 7:55	7:40 ~ 8:30			
<b>SWORD CLASS</b>		8:00 ~ 8:50		8:00 ~ 8:50			

To graduate you must attend at least 18 classes. Graduation takes place every 3 months. BASIC Course Members' training time may shorten in some classes. Classes can be changed to update our school system.

<b>Training Duration</b>	<b>BBC Training</b>	<b>40 minutes</b>	<b>Basic Training</b>	<b>30 minutes</b>	<b>Team Training</b>	<b>50 minutes</b>
--------------------------	---------------------	-------------------	-----------------------	-------------------	----------------------	-------------------

<p><b>super kids</b> Ages 6 ~ 8</p> <p>TUESDAY 6:05 ~ 6:35              THURSDAY 6:05 ~ 6:35              FRIDAY 4:30 or 6:40</p>	<p><b>TEEN &amp; ADULT</b></p> <p>11:30 AM / 7:40 PM on TUE. &amp; THU.</p> <p>6:40 PM on FRIDAY</p>	<p>Kick Together... Stick Together!</p> <p><b>FAMILY CLASS</b></p> <p>MON. WED. &amp; FRIDAY 6:40 pm ~ 7:10 pm</p>	<p><b>TINY TIGER CLASS</b> Ages 3 ~ 5</p> <p><b>MONDAY 6:05 ~ 6:30</b>  <b>WEDNESDAY 6:05 ~ 6:30</b></p>
---	--	--	--