

Daigle's



3803-R Moss Street • Lafayette, LA 70507 • 337-593-8844

WEBSITE: www.DaiglesMartialArts.com

CLASS SCHEDULE

Effective March 1, 2010

Monday

5:15 - 5:55	Blue – Black Rec.	(Ages 7-up)
5:55 - 6:35	White - Purple	(Ages 7-up)
6:35 - 7:05	Tiny Tigers	(Ages 3-6)
7:05 - 7:45	<u>Teens & Adults & Black Belts</u>	(All Ranks)

Tuesday

5:00 – 5:40	Camo – Brown	(Ages 7-up)
5:40 – 6:10	ATA X-Treme (free for leadership or can use Class Purchase Card)	(All Ages)
6:10 – 6:50	White – Yellow (Ages 7-up) & Workout Class (CPC)	(Any Teen or Adult)
6:50 – 7:20	Tiny Tigers	(Ages 3-6)
7:20 – 8:00	Red Belts – Black Belts	(Ages 7-up)
8:00 – 8:40	<i>Open Mats & Extra Session (must have Class Purchase Card)</i>	

Wednesday

5:15 – 5:45	Leadership Classes (Instructors, & Leadership Members)	
5:45 – 6:05	Tiny Tiger Black Belt / Master Club (weapons &self defense) (Tiny Tigers)	
6:05 – 6:35	Black Belt / Master Club/ Leadership (weapons &self defense) (Ages 7-up)	
6:35 – 7:05	Sparring Class	(Tiny Tigers - Adults)
7:05 – 7:45	<u>Teens & Adults & Black Belts</u> (informal class)	(All Ranks)

Thursday

5:00 – 5:40	Red Belts – Black Belts	(Ages 7-up)
5:40 – 6:10	ATA X-Treme (free for leadership or can use Class Purchase Card)	(All Ages)
6:10 – 6:50	White – Yellow (Ages 7-up) & Workout Class (CPC)	(Any Teen or Adult)
6:50 – 7:20	Tiny Tigers	(Ages 3-6)
7:20 – 8:00	Camo – Brown	(Ages 7-up)
8:00 – 8:40	<i>Open Mats & Extra Session (must have Class Purchase Card)</i>	

Friday

5:15 - 5:55	Blue – Black Rec.	(Ages 7-up)
5:55 - 6:35	White - Purple	(Ages 7-up)
6:35 - 7:05	Tiny Tigers	(Ages 3-6)
7:05 - 7:45	<u>Teens & Adults & Black Belts</u>	(All Ranks)

All times are subject to change.

*** For all Classes, students may wear an ATA Taekwondo T-shirt instead of the uniform top. They must wear the uniform pants and belt and bring all gear including weapons. Wednesday classes, students can wear any workout pants but must still wear belt and TKD t-shirt. We recommend at least two classes a week and more for those who are struggling with the information. See Mrs. Daigle if you need private lessons for extra help. Class Purchase Cards (CPC) can be purchased for \$3 per class minimum of 10 classes.

****Please remember students cannot be dropped off until five minutes before his/her class and must be picked up as soon as their class ends.****