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GREYSTONE SCHEDULE - CUBS / JUNIORS / YOUTH

Belt Level:	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.
Cubs		4 pm 6 pm		4 pm 6 pm	5 pm	10am
Youth White - Yellow	5 pm	4 pm 6 pm	5 pm	4 pm 6 pm	5 pm	10 am
Youth Green - Black	4 pm	5 pm	4 pm	5 pm		11 am
Family Class Time (Open to ALL ranks, except Cubs)	6 pm		6 pm		6 pm	9 am
Sports Seminars *					7 pm	

GREYSTONE SCHEDULE - ADULTS

Program:	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.
Adult TKD	12 pm	7 pm	12 pm	7 pm		
Family Class Time (Open to ALL ranks, except Cubs)	6 pm		6 pm		6 pm	9 am
Grappling		8 pm				8 am
Sports Seminars *					7 pm	
Kisado	7 pm		7 pm			

* Please see current Cycle Calendar of Events for Sports Seminar subject matter and specific dates. Sports Seminars Include: Grappling, Kids Grappling, Swords, Tactical Short Stick, HanMuDo, X-treme & Free Design. Seminars are held on Fridays from 7 pm to 8 pm (or 8:30 pm) for all Blue through Black Belts. Enrollment required. See Staff for more information.

GREYSTONE CLASS LENGTH:

Level:	Ages	Length
Cubs	4, 5, 6	30 Min.
Juniors / Youth	6 to 12	50 Min.
Adults	13 & older	50 Min.



RECOMMENDED
Class Attendance
is 1 - 2 times per week.

MIN # OF CLASSES PER CYCLE TO BE ELIGIBLE FOR TESTING:

BELT LEVEL:	# OF CLASSES	BELT LEVEL:	# OF CLASSES
CUBS	8	BLUE	12
WHITE	8	BROWN	14
YELLOW	10	RED	14
GREEN	12	BLACK	14