

Master Huy Phan's Tri-City Taekwondo

Unit 278 - 3355 North Road, Burnaby, BC V3J 7T9
604 939-8232 | info@tricitytkd.com

www.tricitytkd.com



**"Take It
to Another Level!"**

Master Phan

- Award-Winning Children's Programs
- Inspiring Goal-Setting Youth Programs
- Great Beginner & Advanced Adult Programs
- Develop Self-Discipline and Confidence
- Learn Self-Defense and Build Self-Respect
- Strengthen Mind and Body
- Have Fun!



Class Schedule Effective: April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Introductory Class 3:00 – 3:30	Introductory Class 3:00 – 3:30	Introductory Class 3:00 – 3:30	Introductory Class 3:00 – 3:30	Introductory Class 3:00 – 3:30	Private Class
Tigers Beginner 3:45 – 4:30	Dragons Intermediate 3:45 – 4:30	Tigers Beginner 3:45 – 4:30	Dragons Intermediate 3:45 – 4:30	Leadership Team 3:45 – 4:30	Brazilian Jiu-Jitsu Kids 12 and under 9:30 – 10:30
Youth Beginner White – Orange 4:30 – 5:20	Youth Intermediate Green – Purple 4:30 – 5:20	Youth Beginner White – Orange 4:30 – 5:20	Youth Intermediate Green – Purple 4:30 – 5:20	Tigers Beginner 4:30 – 5:15	Make Up Class Tigers, Dragons & Youth 10:30 – 11:20
Youth Intermediate Green – Purple 5:20 – 6:10	Youth Beginner White – Orange 5:20 – 6:10	Youth Intermediate Green – Purple 5:20 – 6:10	Youth Beginner White – Orange 5:20 – 6:10	Youth Class All Belts 5:15 – 6:05	Tigers Beginner 11:20 – 12:05
Youth Advanced Red – Black 6:10 – 7:00	Youth Advanced Red – Black 6:10 – 7:00	Youth Advanced Red – Black 6:10 – 7:00	Youth Advanced Red – Black 6:10 – 7:00	Olympic Sparring Teen and Adult 6:05 – 7:30	Youth Class All Belts 12:05 – 12:55
Adult All Belts 7:00 – 8:00	Adult All Belts 7:00 – 8:00	Adult All Belts 7:00 – 8:00	Adult All Belts 7:00 – 8:00	Adult All Belts 7:30 – 8:30	Olympic Poomsae All Belts 1:00 – 2:15
Private Class	Private Class	Private Class	Krav Maga 8:00 – 9:00	Private Class	Special Events and Birthday Parties Please see Newsletter

Students may attend only those classes designed for their age and rank (i.e. senior belts cannot attend beginner classes and vice versa) unless permission has been given by one of the instructors.



Training 2x per week:

Tigers: Beginner, ages 4.5 – 6
Dragons: Intermediate, ages 10 and under
Youth: Ages 7 – 13
Adult: Ages 14 and over



Training 1x per week:

Krav Maga: Age 14 and over
Youth Brazilian Jiu-Jitsu: Age 13 and under, all levels
Olympic Sparring: By sign up
Demonstration Team: By sign up
Leadership Team: By invitation.



At Tri-City Taekwondo, we believe in enhancing our community through personal development of each of our students. Our school provides a supportive and energetic environment in which our students can grow mentally and physically.

We inspire personal excellence, both within and outside of our Martial Arts School.



New to Martial Arts? Call us to book your free introductory lesson!