

BAEPLEX Family Martial Arts Center

3435A John Tyler Hwy: (757) 229 – 2237 www.baeplex.com 7500A Richmond Rd: (757) 645 - 4030

Program schedule starting September 6, 2011 *

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am - 11am	All Belts ----- Yoga/Pilates	Strength & Conditioning	All Belts ----- Yoga/Pilates	Strength & Conditioning	Morning Sparring ----- Yoga/Pilates	Beginner 9:15 – 10:15am
3pm	Open	Open	Open	Open	Open	Little Ninjas 10 – 10:30am
3:30pm - 4:15pm	Fit Club (3:15 – 4:30) & Private Lessons	All Belts & Fit Club (3:15 – 4:30)	Fit Club (3:15 – 4:30) & Private Lessons	All Belts & Fit Club (3:15 – 4:30)	Fit Club (3:15-4:30pm) & Private Lessons	Black Belt Club 10:30 – 11:30am
4:30pm - 5:15pm	Beginner	Intermediate	All Belts	Black Belt Club	Olympic Sparring (4:30-5:30)	Masters' Club 11:45am – 1pm
5:30pm - 6:15pm	Black Belt Club	All Belts	Intermediate	Beginner	Point/Olympic Sparring (5:45 – 6:45) & Demo Team	Private Lessons
6:30pm - 7:15pm	Intermediate	Master's Club	Black Belt Club	Intermediate	Sport TKD Sparring (7pm - 8pm)	-----
7:30pm - 8:30pm	All Belts	Sport TKD & BBC	All Belts	Sport TKD & All Belts	-----	-----

*ONE CLASS/DAY UNLESS ASSISTING or PRIOR APPROVAL

<u>TIPS:</u>	<u>Class Clarifications:</u>	<u>Other Important News</u>
<ul style="list-style-type: none"> · Arrive no more than 10min prior to or after classes. · Stay posted to announcements for any class changes & special events. · All new members should log onto www.baeplex.com and request a members' account to stay up to speed with your curriculum and progress. · Plan to attend special seminars/workshops to enhance your experience and training. · Call the main school line for up to date information on closings due to inclement weather or holidays. · Questions and requests for private appointments are always welcome in person but are preferred via e-mail. · On Testing days, students not testing may attend the Norge location. 	<ul style="list-style-type: none"> · <u>Beginner</u> = White Belt up to and including Jr. Green. · <u>Intermediate</u> = Green Belts up to and including Jr. Red. · <u>All Belts</u> = All members in good standing. · <u>Black Belt Club</u> = Students committed to achieving Black Belt and have joined the Club. · <u>Masters' Club</u> = Program reserved for 1st degree & above. · <u>Sport TKD</u> = Program in which participants train in the Olympic Sport of TKD. · <u>Fit Club</u> = Teen Club; weight-lifting, running, stretching and other related exercises. · <u>Little Ninjas</u> = Age specific martial arts and developmental skills for 2 – 4 yr olds. · <u>Demo Team</u> = Program training members for local performances & presentations. · <u>Strength and Conditioning</u> = Open workouts for members. 	<ul style="list-style-type: none"> · BAEPLEX hosts Birthday Parties! Ask staff for more details. · All members are encouraged to bring guests to BAEPLEX. See a staff member for a GUEST PASS. · BAEPLEX hosts Themed Day Camps on days academic school is out. See staff for more details. · Private/Group Lessons can be scheduled through Mr. Ash. · BAEPLEX provides community talks/workshops to classes, schools & other organizations. See staff for more details. · Arrive 10 minutes prior to get ready for sparring · At times there will be multiple classes going on at the same time, be sure to attend your class. · On Test Days, all classes at John Tyler are canceled except for Little Ninjas.

