

BAEPLEX Family Martial Arts Center

Shops of Norge Crossing

Class Schedule Starts September 6, 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12pm – 12:45pm			All Belts			
03:30:00 PM	Open	Open	Open	Open	Open	9:30 – 10am Little Ninjas
3:45pm - 4:30pm	All Belts	All Belts	All Belts	All Belts	All Belts	All Belts 10:15am – 11:15am
4:45pm - 5:30pm	Intermediate & Advance	Beginners	Intermediate & Advance	Beginners	Intro Class	Intro Class 11:30am
5:45pm - 6:30pm	Beginners	Black Belt Club	Intro Class	Intermediate & Advance	*Sparring 6pm – 7pm	12:15pm – 1:15pm BBC
6:45pm - 8:00pm	All Belts	All Belts	All Belts	All Belts	Closed	
8:15 PM	Closed	Closed	Closed	Closed		

*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. · All Testings will be conducted at the John Tyler location. · On Test Days, all classes at John Tyler are canceled except for Little Ninjas.

3435A John Tyler Hwy: (757) 229 – 2237

7500A Richmond Rd: (757) 645 – 4030