



# LESSON SCHEDULE

EFFECTIVE MARCH 1, 2021



**zoom** ZOOM COURSES Meeting ID: 813-371-8171 · PASSWORD: NATR123  
Lessons on Monday, Tuesdays, and Wednesdays. Taekwondo only, no Brazilian jiu-jitsu

	Monday	Tuesday	Wednesday	Thursday
6:15PM	All Juniors Ranks	All Juniors Ranks	All Juniors Ranks	Instructor Training (1) Black Belt/Event Training (2)
7:00PM	Teens & Adults	Teens & Adults	Teens & Adults	—

(1) Instructor Training is held on the first Thursday of every month at 6:15pm.

(2) Black Belt/Event Training are held on the 2nd, 3rd, and 4th Thursdays of each month at 6:15pm.

## IN-PERSON TRAINING

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>TIGER CUBS (4-5)</b>	5:00PM	5:00PM	5:00PM	5:00PM	5:00PM	—	—
<b>JUNIORS (6-11) White/Yellow</b>	5:30PM 6:15PM	5:30PM 6:15PM	5:30PM 6:15PM	5:30PM	5:30PM 6:15PM	—	—
<b>JUNIORS (6-11) Green/Blue</b>	5:30PM 6:15PM	5:30PM 6:15PM	5:30PM 6:15PM	5:30PM	5:30PM 6:15PM	—	—
<b>JUNIORS (6-11) Brown/Red/Black</b>	5:30PM 6:15PM	5:30PM 6:15PM	5:30PM 6:15PM	5:30PM	5:30PM 6:15PM	—	—
<b>TEEN (12-15) &amp; ADULTS (16+)</b>	7:00PM	12:00PM 7:00PM	7:00PM	12:00PM 7:00PM	7:00PM	—	—
<b>JIU-JITSU</b>	—	8:00PM	8:00PM	8:00PM	—	9:00AM	4:30PM

### X-PRO TRAINING CLINIC

Once every cycle, Saturdays 1-3pm  
Date(s) will be announced.

### INSTRUCTOR TRAINING

6:15pm 1st Thurs of each month

### BLACK BELT/EVENT TRAINING

6:15pm 2nd/3rd/4th Thurs each month

**Students should arrive 5 to 10 minutes early for each class. Late students receive no lesson credit.**

#### MINIMUM CLASSES TO TAKE TO QUALIFY FOR BELT TESTING

TIGER CUBS

WHITE - RED

BLACK BELTS

**10**

**12**

**14**

**Students must test to earn new rank!**

#### FORMULA FOR SUCCESS!

- + ATTEND CLASS 2-3 TIMES A WEEK
- + ONE 30-MINUTE PRACTICE SESSION AT HOME EACH WEEK
- + ONE PRIVATE LESSON PER MONTH OR PER TESTING CYCLE = SUCCESS!

#### PRIVATE LESSONS

Available by appointment only.  
See instructor(s) for details.



12112 Ranch Road 620 North, Austin, TX 78750  
(512) 918-8025 · staff@northaustinmaf.com

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