



CHAMPIONS MARTIAL ARTS CENTER

10390 Mastin, Overland Park, KS 66212 - (913) 341-1400

Fall / Winter 2022-2023

(Subject to Change)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		4:00 - 5:00 pm Private Lesson - By appointment Only			9:00 - 9:30 AM Speed / Agility Training
5:15 pm Children TKD Beginner & Intermediate	5:15 pm Children TKD Beginner & Intermediate	5:15 pm Children TKD Beginner & Intermediate	5:15 pm Children TKD Beginner & Intermediate	5:15 pm Children TKD Beginner & Intermediate	9:30 - 10:30 AM Olympic Sparring
6:10 pm Adults, Family & Intermediate/Adv Children TKD	6:10 pm Adults, Family & Intermediate/Adv Children TKD	6:10 pm Adults, Family & Intermediate/Adv Children TKD	6:10 pm Adults, Family & Intermediate/Adv Children TKD	6:10 pm BLACK BELT TESTING PREP INVITE ONLY	-Afternoon- Private Lesson By Appt. Only
7:10 pm TKD TEEN / ADULT	7:10 pm Grappling Club - All ages	7:10 pm HAPKIDO Age 11+	7:10 pm TKD TEEN / ADULT		

Details:

- Beginner: New Students, White through Orange belts
- Intermediate: Green, Purple and Blue Belts
- Advanced: Brown Belt, all Red Belts and all levels of Black Belt are considered "Advanced".
- Child: Elementary school age children - approx. 4 to 11 years old.
- Adult: For scheduling purposes, Adult students are age 12 and above.
- Hapkido Classes - Open to teen / adult students in good standing.
- Agility / Olympic Sparring - Open to all students in good standing. Additional equipment fees will apply
- Grappling - Open to all students in good standing. Additional equipment fees will apply
- Open Gym Extra mat time for students to practice forms, techniques, weapons, grappling etc.

www.OPBLACKBELT.com