

# LU'S TAEKWON-DO DOJANG (Orleans)

Office: 613-837-7656 Fax: 613-822-4123

[lustkd@rogers.com](mailto:lustkd@rogers.com) [www.lustaekwondo.com](http://www.lustaekwondo.com)

## SEPTEMBER 07<sup>th</sup> 2011 – JUNE 24<sup>th</sup> 2012 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:00 – 9:45 Children (4-6) NOVICE	
					9:45 -10:30 Children (7-12) & Family  Adults White – Blue Stripe <b><i>BEGINNERS</i></b>	
5:15 – 6:00 Private Lesson (Appointment only)		5:15 – 6:00 Private Lesson (Appointment only)	5:15 – 6:00 Children (4-6) NOVICE		10:30 -11:30 Children (7-12) & Family  Adults Blue – Black	
6:00 – 6:45PM Children (7 Yrs – 12) & Family  All Belts  <b><i>BEGINNERS</i></b>	6:00 – 6:45 Children (7 Yrs – 12) & Family  All Belts  <b><i>BEGINNERS</i></b>	6:00 – 6:45 Children (7 Yrs – 12) & Family  All Belts  <b><i>BEGINNERS</i></b>	6:00 – 6:45 Children (7-12) & Family  All Belts  <b><i>BEGINNERS</i></b>			
7pm-8pm  Adults  ALL BELTS	6:45 – 7:45  ALL BELTS  <b><i>BEGINNERS</i></b>	6:45 – 7:30 Adults  White – Red Stripe  <b><i>BEGINNERS</i></b>	6:45 – 7:45 Adults  All Belts  <b><i>BEGINNERS</i></b>	7:00 – 8:00  All Belts		
		7:30 – 8:30  <b><i>Red - Black</i></b>				