

**August 2020**



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Shin Kickers 5:00 - 5:30	Adv Beginners 5:00 - 5:30	Shin Kickers 5:00 - 5:30	Adv Beginners 5:00 - 5:30	Zoom Classes 5:00 - 5:45	NO Sparring Class
Exit and Clean	Exit and Clean	Exit and Clean	Exit and Clean	Break	
Beginners 5:45 - 6:15	Intermediate 5:45 - 6:15	Beginners 5:45 - 6:15	Intermediate 5:45 - 6:15	Zoom Classes 6:00 - 6:30	
Exit and Clean	Exit and Clean	Exit and Clean	Exit and Clean	* Be on time for class. * I will not stop class to take their temperature if they're late. * If I can't take their temperature, they can't take class. * If the doors are closed, don't open them.	
Advanced 6:30 - 7:00	Adv Intermediate 6:30 - 7:00	Advanced 6:30 - 7:00	Adv Intermediate 6:30 - 7:00		
Exit and Clean	Exit and Clean	Exit and Clean	Exit and Clean		

*King Tiger Belmont strongly suggests that before starting any exercise program you have a physical by a physician and discuss with him/her your exercise intentions.*

Shin Kickers	Beginners	Adv Beginners	Intermediate	Adv Intermediate	Advanced
White Belt White with Orange Stripe White with Green Stripe White with Blue Stripe White with Red Stripe  (Still once a week)	White Belt White with Red Stripe	White with Black Stripe White with Yellow Stripe	Yellow with White Stripe Yellow Belt	Yellow with Black Strip Yellow with Green Strip Green with White Stripe Green belt Green with Black Stripe Green with Blue Stripe Blue with White Stripe Blue Belt Blue with Red Stripe	Red with White Stripe Red Belt Red with Black Stripe Bocho Dan Black Belt Black Belts