

LAKWOOD CLASS SCHEDULE

SEO'S MARTIAL ARTS

3255 S. Wadsworth Blvd
Phone (303) 948-4466 - Fax (303) 431-2308



Classes are open to children and adults unless otherwise specified.

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Dragons	4:15	5:30	4:15	5:30	4:15	
Introductory Class	5:30	4:00	5:30	4:00	5:30	
White Belt	5:30	6:15	5:30	6:15	5:30	10:30
Gold Belt	5:30	6:15	5:30	6:15	5:30	10:30
Orange Belt	5:30	6:15	5:30	6:15	5:30	10:30
Green – High Blue Belt	4:45	4:45	7:00	4:45	6:15	
Red – Low Brown Belt	7:00		6:15	5:30	4:45	
Brown – Black Belt		7:00		7:00	7:00	9:30
All Belt Adult Class	7:45		7:45		7:00	
Master Club Sparring						11:15
Master Club Weapons			4:45			
Master Club Kicknastics	6:15					

PLEASE ARRIVE 15 MINUTES PRIOR TO CLASS STARTING TIME

Students are expected to:

1. Pull attendance card prior to class.
2. Place shoes and jackets neatly in cubicles.
3. Attend class two times per week.
4. Show respect for instructors and fellow students.
5. Display Black Belt attitude and commitment.
6. Be responsible and bring sparring gear and weapons everyday.
7. Maintain high performance in school work.
8. Keep uniform clean and pressed.
9. Attend all intramural tournaments.
10. Participate in Book Club & Self Discipline programs.
11. Do not wear jewelry.
12. Have at least one parent present during class.