



2951 Sunrise Blvd, Ste. 120
 Rancho Cordova, CA 95742
 (916) 594-9207

Anatolia Family Taekwondo

Sunrise Location

Effective January 3, 2017

A - Curriculum		B - Program		C - Specialty	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lil' Dragons (ages 5 & 6) 5:30-6:00pm	Lil' Dragons (ages 5 & 6) 5:00-5:30pm	Lil' Dragons (ages 5 & 6) 5:30-6:00pm	Lil' Dragons (ages 5 & 6) 5:00-5:30pm	Weapons (BBC/MC Only) 5:30-6:00pm	Sparring (Intermediate) 9:00-9:40am
Jr. Advanced 6:00-6:40pm	Lil' Dragons (ages 3 & 4) 5:30-6:00pm	Jr. Basic 6:00-6:40pm	Lil' Dragons (ages 3 & 4) 5:30-6:00pm	Beginners (Family Class) 6:00-6:30pm	Sparring (Advanced) 9:40-10:20am
Jr. Beginners 6:40-7:10pm	Jr. Beginners 6:00-6:30pm	Masters Club 6:40-7:30pm	Black Belt Club 6:00-6:50pm	Jr. Black Belts 6:30-7:10pm	Sparring (Black Belts) 10:20-11:00am
Jr. Intermediate 7:10-7:50pm	Jr. Intermediate 6:30-7:10pm	Black Belt Club 7:30-8:20pm	Jr. Basic 6:50-7:30pm	Kicks & Tricks (BBC/MC Only) 7:10pm-7:50pm	Weapons (Chucks) 11:00-11:20am
Jr. Black Belts 7:50-8:30pm	Jr. Advanced 7:10-7:50pm		Adults (all Belts) 7:30-8:10pm	Ground & Pound (BBC/MC Only) 7:50pm to 8:30pm	Weapons (Bo-Staff) 11:20-11:40am
	Adults (all Belts) 7:50-8:30pm				Weapons (Kama) 11:40-12:00pm
					Weapons (Swords) 12:00-12:20pm

Clubhouse

A - Curriculum		B - Program			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Beginners - Intro (Family Class) 6:00-6:30pm		Beginners - Intro (Family Class) 6:00-6:30pm			

Junior Classes (ages 7-14)

Beginner - White, Orange, Yellow
 Intermediate - Low Green, High Green, Purple, White/Purple
 Advanced - Blue, Brown, Red, White/Red
 Basic - Basic Program (White Uniform)
 BBC - Black Belt Club (Blue Uniform)
 MC - Masters Club (Black Uniform)