



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

Anatolia Family Taekwondo

Sunrise Location Effective July 10, 2017

A - Curriculum		B - Program		C - Specialty	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jr. Beginner 5:00-5:30pm	Lil' Dragons (ages 3 - 5) 5:00-5:30pm	Ground & Pound (MC Only) 5:00-5:40pm	Lil' Dragons (ages 3 - 5) 5:00-5:30pm	Beginners (Family Class) 6:00-6:30pm	Sparring Level 1 (All Belts) 9:00-9:40am
Jr. Advanced 5:30-6:10pm	Jr. Intermediate 5:30-6:10pm	Masters Club (Level 1) 5:40-6:20pm	Black Belt Club 5:30-6:10pm	Jr. Black Belts 6:30-7:10pm	Sparring Level 2 (All Belts) 9:40-10:20am
Jr. Intermediate 6:10-6:50pm	Jr. Advanced 6:10-6:50pm	Jr. Basic 6:20-7:00pm	Masters Club (Level 1 & 2) 6:10-6:50pm	Kicks & Tricks (BBC/MC Only) 7:10pm-7:50pm	Weapons (Chucks & Kamas) 10:20-10:50am
Jr. Black Belts 6:50-7:30pm	Jr. Beginner 6:50-7:20pm	Black Belt Club 7:00-7:40pm	Jr. Basic 6:50-7:30pm	Ground & Pound (MC Only) 7:50pm-8:30pm	Weapons (Bo-Staff & Sword) 10:50-11:20am
Black Belts (Adults) 7:30-8:10pm	Adults (All Belts) 7:20-8:00pm	Masters Club (Level 2) 7:40-8:20pm	Black Belt Club 7:30-8:10pm		
			Adults (All Belts) 8:10-8:50pm		

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)