



KYUKI-DO[®] MARTIAL ARTS



Class Schedule*

Class Guidelines

- 1 Temperature will be taken
- 2 Complete Covid-19 Waiver
- 3 Wear a mask upon entry
- 4 Come dressed in your training uniform
- 5 Bathroom use will only be allowed for emergencies
- 6 Class Length is 30 minutes

REMEMBER TO

*Wash your hands
Cover your cough
Keep a safe distance
And If you're sick, stay home*

* Schedule subject to change as we enter Phase 5 of Restore Illinois

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	ALL RANK KYUKI-DO 10-10:30 AM		ALL RANK KYUKI-DO 10-10:30 AM		WOMEN EMPOWERED 9-9:30 AM
INTERMEDIATE & ABOVE 5-5:30 PM	BASIC 5-5:30 PM	INTERMEDIATE & ABOVE 5-5:30 PM	BASIC 5-5:30 PM		PRE KYUKIDO 3/4 10-10:30 AM
	PRE KYUKIDO 5/6 5:30-6 PM		PRE KYUKIDO 5/6 5:30-6 PM		LEADERSHIP FORMS & WEAPONS 10-10:30 AM
BASIC 6-6:30 PM	INTERMEDIATE & ABOVE 6-6:30 PM	BASIC 6-6:30 PM	INTERMEDIATE & ABOVE 6-6:30 PM	BLACK BELT CLASS 6-6:30 PM	PRE KYUKIDO 5/6 11-11:30 AM
PRE KYUKIDO 3/4 6:30-7 PM	PRE KYUKIDO 5/6 6:30-7 PM	PRE KYUKIDO 3/4 6:30-7 PM	PRE KYUKIDO 5/6 6:30-7 PM		LEADERSHIP CURRICULUM REVIEW 11-11:30 AM
BLACK BELT 7-7:30 PM	ADVANCED & ABOVE 7-7:30 PM	BLACK BELT 7-7:30 PM	ADVANCED & ABOVE 7-7:30 PM		
	WOMEN EMPOWERED 7:30-8 PM				