

# Relford Martial Arts LLC

8031 S 83<sup>rd</sup> Ave, La Vista, NE 68128

For more information on *times, classes, or private lessons* call (402) 339-7899

*E-mail:* relfordtkd@gmail.com or therese-tkd@juno.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:30-11:30 AM <b>Do-Chang Knights</b>				9:30-10:30 AM <b>Lil-Dragons</b>	<b>SCHOOL CLOSED</b>
	10:00-10:45 PM <b>Tiny Tigers</b>				10:30-11:30 AM <b>Family Class / All Belts</b>	
	1:30-2:30 PM <b>Home School Classes</b>		1:30-2:30 PM <b>Home School Classes</b>		10:30-11:30 PM <b>Do-Chang Knights</b>	
5:00-6:00 PM <b>Lil-Dragons</b>	5:00-6:00 PM <b>Juniors</b>	5:00-6:00 PM <b>Lil-Dragons</b>	5:00-6:00 PM <b>Juniors</b>	4:30-6:00 PM <b>Private Lessons</b>	11:30-12:30 PM <b>Hapkido</b>	
6:00-7:00 PM <b>Family Class / Beginners</b>	6:00-7:00 PM <b>Lil-Dragons</b>  6:00-7:00 PM <b>Adults</b>	6:00-7:00 PM <b>Family Class / Beginners</b>	6:00-7:00 PM <b>Lil-Dragons</b>  6:00-7:00 PM <b>Adults</b>	6:30-8:00 PM <b>Competition</b>	11:30-12:15 PM <b>Tiny Tigers</b>	
7:00-8:00 PM <b>All Belts</b>	7:00-8:00 PM <b>All Belts</b>	7:00-8:00 PM <b>All Belts</b>	7:00-8:00 PM <b>All Belts</b>			
	8:00-9:00 PM <b>Do-Chang Knights</b>		8:00-9:00 PM <b>Do-Chang Knights</b>			
	8:30-9:30 PM <b>Hapkido</b>		8:30-9:30 PM <b>Hapkido</b>			

**Tiny Tigers:** ages 3-5 pre-kindergarten – emphasis on control and basic coordination

**Lil-Dragons:** ages 5-8 – designed for younger students, emphasis on control

**Family Class:** ages 8 to adult – designed for families to take classes together, any belt rank

**Juniors:** ages 8-16, beginner to intermediate level

**Adults:** ages 16 + or by instructor permission

**All Belts:** all ages - any belt rank may attend

**Do-Chang Knights:** Medieval European Martial Arts Studies: Ages 14 to adult - sword, shield, staff, history, and more

**Hapkido:** Self-defense using joint locks and throwing skills development – check with instructors about permission

**Competition:** by instructor permission – advanced training in Olympic style sparring

