



**TIGER CHO'S
TAE KWON DO CENTER**

(Physical – Mental – Self Defense Training)



www.tigerchos.com

525 N. Telephone Road
Moore, OK 73160
(405) 799-0555

CLASS SCHEDULE

DAY\TIME	5:15pm - 6:00pm	6:15pm - 7:15pm
Monday	Orange, Green, Blue Belts	White, Yellow Belts
Tuesday	Red, Black Belts	
Wednesday	Orange, Green, Blue Belts	White, Yellow Belts
Thursday	Red, Black Belts	
Friday	All Belts Sparring 5:30 - 6:30	

IMPORTANT NOTES:

- ➡ Please arrive 15 min early to stretch and warmup
- ➡ Drop students off no earlier than 20 minutes prior to class and pick students up promptly after class.
- ➡ Parents are allowed to watch the last 20 minutes of class You must get instructors permission to watch a full class.
- ➡ Always wear a clean uniform and ensure good hygiene (clean body and clean feet).
- ➡ All color belts must have all sparing gear at every class (gear may be purchased from Tiger Cho's).