



Farrell's Class Schedule

3843 121st Street Urbandale IA 50323

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Little Dragons Program Manager - Anita Hyon (anita@farrellsmartialarts.com)

Front Desk - (tkdfrontdesk@farrellsmartialarts.com)

Mon	Tue	Wed	Thu	Fri	Sat
LIL' DRAGONS					
5:15pm R2 (Beginners)	4:30pm R2	5:15pm R2 (Advance)	4:30pm R2		9:30am R2
5:45pm R2 (Advance)		5:45pm R2 (Beginners)			
AIM HIGH (White Belts Only)					
4:30pm R1 (Group A)	4:30pm R1 (Group B)	4:30pm R1 (Group A)	4:30pm R1 (Group B)		9:30am R1
6:30pm R1 (Group B)	6:45pm R1 (Group A)	6:30pm R1 (Group B)	6:45pm R1 (Group A)		
BASIC JUNIORS + TIGERS (Gold & Orange Belts)					
6:15pm R2	5:00pm R2	6:15pm R2	5:00pm R2	5:30pm R2	10:00am R2
TEENS + ADULTS					
7:15pm R1		7:15pm R1			
INTERMEDIATE JUNIORS (Green & Blue Belts)					
5:15pm R1	6:45pm R2	5:15pm R1	6:45pm R2	4:45pm R2	10:15am R1
ADVANCED (Brown & Red Belts)					
4:30pm R2	7:30pm R2	4:30pm R2	7:30pm R2	5:45pm R1	10:45am R2
BLACK BELTS					
7:00pm R2	5:45pm R2	7:00pm R2	5:45pm R2	4:45pm R1	11:30am R2
COMPETITION TEAM CLASS					
	5:15pm R1 (Forms)		5:15pm R1 (Sparring)		
DEMO TEAM CLASS					
	7:30pm R1		7:30pm R1		11:45am R1
Mass Intro Times					
6:00pm R1		6:00pm R1			11:00am R1

Lt. Dragons classes are 30 minutes. All other classes will be 45 minutes.

Black Belts and Demo Team Classes will be 60 minutes. Competition Team will be 90 minutes

Saturday Class Formats will vary from week to week. Check the announcements for weekly themes.

Monday, Tuesday and Friday will be Traditional. Wednesday and Thursday will be Sparring Days (Green Belts and Above)