

# Master Huy Phan's Tri-City Taekwondo

Unit 278 – 3355 North Rd, Burnaby BC, V3J 7T9  
604 939-8232 | info@tricitytkd.com

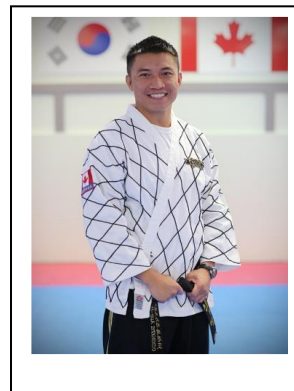
www.tricitytkd.com



**"Take It  
to Another Level!"**

**Master Phan**

- Award Winning Children's Programs
- Inspiring Goal-Setting Youth Programs
- Great Beginner & Advanced Adult Programs
- Develop Self-Discipline and Confidence
- Learn Self-Defense and Build Self-Respect
- Build Friendships and Enhance Teamwork Skills
- Strengthen Mind and Body
- Have Fun!



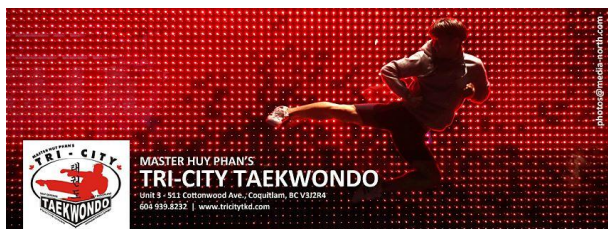
## Class Schedule

Effective: June 8th, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Tigers</b> White-Yellow 3:30-4:10	<b>Tigers</b> White-Yellow 3:30-4:10	<b>Tigers</b> White-Yellow 3:30-4:10	<b>Tigers</b> White-Yellow 3:30-4:10	<b>Leadership Team</b> 3:30 – 4:20	<b>Make up Class</b> (Appointment only) 10:00-10:45
<b>Youth Beginner</b> White – Orange 4:30 – 5:15	<b>Youth Beginner</b> White – Orange 4:30 – 5:15	<b>Youth Beginner</b> White – Orange 4:30 – 5:15	<b>Youth Beginner</b> White – Orange 4:30 – 5:15	<b>Tigers</b> White-Yellow 4:30-5:10	<b>Tigers</b> White-Yellow 11:00-11:40
<b>Youth Intermediate</b> Green – Purple 5:30 – 6:15	<b>Youth Intermediate</b> Green – Purple 5:30 – 6:10	<b>Youth Intermediate</b> Green – Purple 5:30 – 6:10	<b>Youth Intermediate</b> Green – Purple 5:30 – 6:10	<b>Youth Beginner</b> White – Orange 5:30 – 6:15	<b>Youth Beginner</b> White – Orange 12:00-12:45
<b>Youth Advanced</b> Red - Black 6:30 – 7:15	<b>Youth Advanced</b> Red - Black 6:30 – 7:15	<b>Youth Advanced</b> Red - Black 6:30 – 7:15	<b>Youth Advanced</b> Red - Black 6:30 – 7:15	<b>Youth Intermediate</b> Green – Purple 6:30 – 7:15	<b>Youth Intermediate</b> Green – Purple 1:00-1:45
<b>Teens &amp; Adult</b> All Belts 7:30 – 8:30	<b>Teens &amp; Adult</b> All Belts 7:30 – 8:30	<b>Teens &amp; Adult</b> All Belts 7:30 – 8:30	<b>Teens &amp; Adult</b> All Belts 7:30 – 8:30	<b>Youth Advanced</b> Red - Black 7:30 – 8:15	<b>Youth Advanced</b> Red - Black 2:00-2:45

\* Students may attend only those classes designed for their age and rank (i.e. senior belts cannot attend beginner classes and vice versa) unless permission has been given by one of the instructors.

***New to Martial Arts? Call us to book your free introductory lesson!***



### Classes:

Tigers: Ages 4.5 – 6/7  
Youth: Ages 7 – 13  
Adult: 13/14 years and over  
Leadership: By invitation.  
Make-up class: By reserving your spot if missed class



**Youth Brazilian Jiu-Jitsu  
Professor Vieng**



**Master Huy Phan**



Tri-City Taekwondo believes in enhancing our community through personal development of each of our students. Our school provides a supportive and energetic environment in which our students can grow mentally and physically. We inspire personal excellence, both within and outside of the Martial Arts School.