

Master Huy Phan's Tri-City Taekwondo

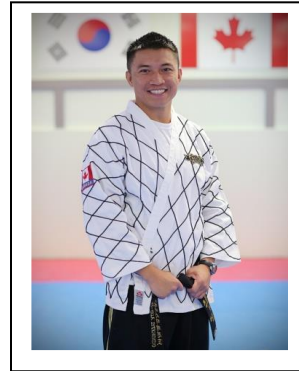
Unit 278 – 3355 North Rd, Burnaby BC, V3J 7T9
604 939-8232 | info@tricitytkd.com



www.tricitytkd.com

"Practice, Passion & Purpose"

- 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

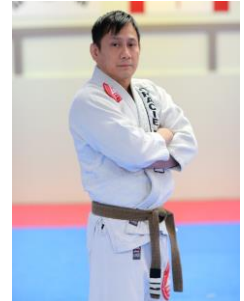
Effective: July 12th, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
After School Program 3:00-6:00	After School Program 3:00-6:00	After School Program 3:00-6:00	After School Program 3:00-6:00	After School Program 3:00-6:00	Brazilian Jiu Jitsu Youth 9:30-10:30
Tigers 3:45-4:30	Tigers 3:45-4:30	Tigers 3:45-4:30	Tigers 3:45-4:30	Leadership Team 3:45 – 4:30	Make-Up class 10:30-11:20
Youth Beginner 4:30 – 5:20	Youth Beginner 4:30 – 5:20	Youth Beginner 4:30 – 5:20	Youth Beginner 4:30 – 5:20	Tigers 4:30-5:15	Tigers 11:20-12:05
Youth Intermediate 5:20 – 6:10	Youth Intermediate 5:20 – 6:10	Youth Intermediate 5:20 – 6:10	Youth Intermediate 5:20 – 6:10	All Level Youth 5:15-6:05	Tigers 12:05-12:50
Youth Advanced 6:10 – 7:00	Youth Advanced 6:10 – 7:00	Youth Advanced 6:10 – 7:00	Youth Advanced 6:10 – 7:00	Sparring 6:05-7:15	All Level Youth 12:50-1:40
Teens & Adult 7:00 – 8:00	Adult 7:00 – 8:00		Teens & Adult 7:00 – 8:00	Adult 7:15 – 8:15	Poomsae 1:40-2:30

* 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.



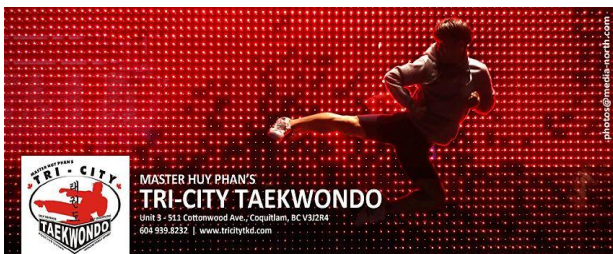
Youth Brazilian Jiu-Jitsu
Professor Vieng



Master HuyPhan



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



Classes:

Tigers: Ages 4.5 – 6/7 (white-Orange)
 Youth: Ages 7 – 13
 Teens - 21: Ages 14 - 21
 Beginner: White- Orange
 Intermediate: Green-Red
 Advance: Brown-Black
 Leadership: By invitation.
 Make-up class: By reserving your spot if missed class
 Sparring:

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.

*** Class schedule are subject to change ***

