



GRECA CHOI KWANG-DO

11820 Belleville Rd. ♦ Belleville, MI 48111 ♦ (734) 697-1950 ♦ www.grecackd.com



CLASS TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Business Hours	12:00 – 9:15 PM	3:00 – 8:15 PM	12:00 – 9:15 PM	3:00 – 8:15 PM	4:00 – 8:15 PM	10:00 – 2:00 PM
9:45 AM						
10:30 AM						Little Ninjas
11:15 AM						Black Belt Club
12:00 PM	All Ranks Class 12:30 – 1:30		All Ranks Class 12:30 – 1:30			Children All Ranks 12:00 – 12:45
1:00 PM						Adult All Ranks 12:45 – 1:40
4:45 – 5:30 PM	Little Ninjas	Children All Ranks	Children Advanced	Children All Ranks	Little Ninjas	
5:30 – 6:15 PM	Children All Ranks	Family Class	Children All Ranks	Family Class	Children All Ranks	
6:15 – 7:10 PM	Advanced Class	Black Belt Class	Advanced Class & Black Belt Club	Black Belt Class	Adult All Ranks	
7:10 – 8:05 PM	Adult All Ranks Quick Shape Class	Adult All Ranks	Adult All Ranks Quick Shape Class	Adult All Ranks	Demo Class (By Invitation Only)	
8:05 – 9:00 PM	Private Classes (By Appointment Only)		Private Classes (By Appointment Only)			

CLASS DESCRIPTIONS

All Ranks

Includes students of all ranks in the class

Little Ninjas

Children ages 3 - 5 years old. Call for scheduling information.

Advanced

Students green belt and above for both children and adults per the schedule

Family Class

Mixed Class for both Children and Adult Family Members

Black Belt Club

Special Class for Black Belt Club Members Only

Black Belt

Brown senior belts and above for both children and adults

Demo Class

Special class geared towards performance and sharp demonstration of movement.

Quick Shape

Higher intensity Choi Kwang-Do training class for Adults.

Instructor Class

Training Class. Meets the 2nd Wed of every month at 6:15 pm. For Instructors Only.

EE Dan Class

Training Class for Black Belts EE Dan and Up. Meets the 3rd Wed of every month at 6:15 pm.

SWAT Class

Leadership Class. Meets the 4th Wed of every month at 6:15pm. For SWAT members only.