



# NORTH SIDE KARATE / ALDINE'S TAE KWON DO

1100 Greens Parkway, Suite 480  
Houston, TX 77067



Effective 2/3/2012

Day / Time	Class Session	Room	Martial Arts Activities
<b>MONDAY</b> (Uniform: All White)			
5:15 - 5:45 PM	White Belts & No Belts	Gym A	Kata/Forms, Weapons, Self-Defense, Specialty, and Demos
5:45 - 6:00 PM	POWER TRAINING TIME (White Belts and No Belts)	Gym A	
6:00 - 6:30 PM	Yellow, Orange, & Orange 3rd Belts	Gym A	
6:30 - 6:45 PM	POWER TRAINING TIME (Yellow, Orange, & Orange 3rd Belts)	Gym A	
6:45 - 7:15 PM	Green Thru Purple 3rd Belts	Gym A	
7:15 - 7:30 PM	POWER TRAINING TIME (Green Thru Purple 3rd Belts)	Gym A	
7:30 - 8:15 PM	Blue Thru Brown 3rd Belts & All Adults	Gym A	
8:15 - 8:30 PM	POWER TRAINING TIME (Blue Thru Black Blacks and All Adults)	Gym A	
8:15 - 8:50 PM	Black Belts Only	Gym A	
<b>TUESDAY</b> (Uniform: Red Top/Black Pants)			
4:45 - 5:15 PM	Ages 5 & Under, All Ranks	Gym A	Self-Defense, Kicking Drills & Techniques, and Sparring
5:15 - 5:50 PM	Ages 6 Thru 9, All Ranks	Gym A	
5:50 - 6:00 PM	POWER TRAINING TIME (Ages 6 Thru 9, All Ranks)	Gym A	
6:00 - 6:40 PM	Ages 10 Thru 13, All Ranks	Gym A	
6:40 - 6:50 PM	POWER TRAINING TIME (Ages 10 Thru 13, all Ranks)	Gym A	
6:50 - 7:20 PM	Ages 14 and Up, All Ranks (includes Adults)	Gym A	
7:20 - 7:30 PM	POWER TRAINING TIME (Ages 14 and Up, all Ranks)	Gym A	
7:30 - 7:55 PM	Employee/Instructor Meeting	TBA	
<b>WEDNESDAY</b> (Uniform: All Blue)			
5:00 - 5:30 PM	Peewee Skill Class	Gym A	Sparring & Self-Defense
5:30 - 6:00 PM	Peewee Sparring	Gym A	
6:00 - 6:10 PM	POWER TRAINING TIME (Peewee Sparring Students)	Gym A	
6:10 - 6:50 PM	Basic Sparring	Gym A	
6:50 - 7:40 PM	Advance Sparring	Gym A	
7:40 - 8:30 PM	Adult/Instructor Sparring	Gym A	
8:30 - 8:50 PM	Black Belts Only Sparring	Gym A	
<b>THURSDAY</b> (Uniform: All Red)			
5:15 - 5:45 PM	Ages 5 and Under	Gym A	Weapons / Kata, Test Prep
5:45 - 6:15 PM	Beginner Weapons	Gym A	
6:15 - 6:25 PM	POWER TRAINING TIME (Beginner, Intermediate, & Advanced Weapons)	Gym A	
6:25 - 6:55 PM	Intermediate & Advanced Weapons	Gym A	
6:25 - 7:10 PM	Aerobics	Gym B	
6:55 - 7:25 PM	White Belts & No Belts	Gym B	
6:55 - 7:25 PM	Pre-Test Class	Gym A	
<b>FRIDAY</b> (Uniform: All Black)			
5:00 - 5:30 PM	Peewee Class	Gym A	All of the Above
5:30 - 5:40 PM	POWER TRAINING TIME (Peewee Students)	Gym A	
5:40 - 6:15 PM	Junior Class	Gym A	
6:15 - 6:25 PM	POWER TRAINING TIME (Junior, Teen, & Adult Students)	Gym A	
6:25 - 6:55 PM	Teen/Adult Class	Gym A	
<b>SATURDAY</b> (Uniform: T-Shirt)			
9:00 - 9:30 AM	Open Gym	Gym A	See Instructor

**NOTE:** Private Lessons are available by appointment only. Inquire with the office staff.  
**NOTE:** Private Lessons on Saturday and Sunday can be scheduled.  
**NOTE:** This schedule is subject to change without notice as needed !!!