

Omaha Blue Waves

2012 Standard Weekly Class Schedule



Monday

9:00 AM—9:50 AM
Belly Dance Fit

4:30 PM—5:30 PM
Open Gym /Private Inst.

6:00 PM—6:50 PM
Boot Camp

6:00 PM—6:50 PM
TKD 8-12 All Ranks

7:00 PM—7:50 PM
TKD Teen/Adult

7:00 PM—7:50 PM
Belly Dance Fit

7:55 PM—8:25 PM
Hapkido

Tuesday

9:00 AM—9:50 AM
Boot Camp

6:00 PM—6:50 PM
TKD 5-7

6:00 PM—6:50 PM
TKD 8-12 BEG

7:00 PM—7:50 PM
TKD 8-12 INT/ADV

7:00 PM—7:50 PM
TKD Teen/Adult

Wednesday

9:00 AM—9:50 AM
Belly Dance Fit

4:30 PM—5:30 PM
Open Gym /Private Inst.

6:00 PM—6:50 PM
Boot Camp

6:00 PM—6:50 PM
TKD 8-12 All Ranks

7:00 PM—7:50 PM
TKD Teen/Adult

7:00 PM—7:50 PM
Belly Dance Fit

7:55 PM—8:25 PM
Hapkido

Thursday

9:00 AM—9:50 AM
Boot Camp

6:00 PM—6:50 PM
TKD 5-7

6:00 PM—6:50 PM
TKD 8-12 BEG

7:00 PM—7:50 PM
TKD 8-12 INT/ADV

7:00 PM—7:50 PM
TKD Teen/Adult

Saturday

8:30 AM—9:00 AM
TKD Black Belt Class

9:00 AM—9:50 AM
Demo/Tournament

10:00 AM—10:30 AM
Extreme/Tricking

10:00 AM—10:30 AM
Sparring Class I

10:30 AM—11:00 AM
Weapons

11:00 AM—11:50 AM
Boot Camp

11:00 AM—11:30 AM
TKD 5-7

11:30 AM—12:00 PM
Sparring Class II

Unlimited students may attend any class that they have signed up for within their age group, rank, and style. Only main school students may attend open gym times.
(Main School 14205 U St. Omaha, NE 68137 Schedule -Only) Schedule subject to change without notice.