



750 Grapevine Hwy

2022 SUMMER CLASSES SCHEDULE

UPDATED 6/13 NEW TIME!!

817-581-1419

www.ntacolleyville.com

ntacolleyville@yahoo.com

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|-------------------------------|------------|
| 9:00- 5:00 | 9:00- 5:00 | 9:00- 5:00 | 9:00- 5:00 | 9:00- 5:00 | 9:00-9:30 |
| SUMMER CAMP | SUMMER CAMP | SUMMER CAMP | SUMMER CAMP | SUMMER CAMP | |
| | 4:30-5:00PM | | 4:30-5:00PM | | 9:30-10:00 |
| | NEW 3 year old- Pre-Skillz | | NEW 3 year old- Pre-Skillz | | |
| 5:00-5:45 | 5:00-5:45 | 5:00-5:45 | 5:00-5:45 | 5:00-5:45 | 9:00-9:45 |
| 5-6 YEAR OLD BASIC SKILLZ (FORM-BLOCKS/PUNCH & STRIKE TECHNIQUES) | 5-6 YEAR OLD BASIC SKILLZ (KICKING TECHNIQUES) | 5-6 YEAR OLD BASIC SKILLZ (PADDLE, CHALLENGE TECHNIQUES) | 5-6 YEAR OLD BASIC SKILLZ (KICKING TECHNIQUES) | | |
| 5:45-6:30 | 5:45-6:30 | 5:45-6:30 | 5:45-6:30 | 5:45-6:30 | |
| 7 - 9 CORE SKILLZ (All Belts) | 10-12 Yr Old- CORE SKILLZ All Belts | 7 - 9 CORE SKILLZ (All Belts) | 10-12 Yr Old- CORE SKILLZ All Belts | 7 - 9 CORE SKILLZ (All Belts) | |
| | 6:30-7:15 | 6:30-7:30 | 6:30-7:15 | 5:45-6:45 | |
| | Special Olympic | | Special Olympic | | |
| | 7:15-8:15 | | 7:15-8:15 | | |
| | ADULT & 13+ BLUE TO BLACK BELTS | | ADULT & 13+ BLUE TO BLACK BELTS (SPARRING TECHNIQUES) | | |



2022 SUMMER TEAM CLASSES SCHEDULE

UPDATED 6/13 NEW TIME!!

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|---|--|
| 9:00- 5:00 | 9:00- 5:00 | 9:00- 5:00 | 9:00- 5:00 | 9:00- 5:00 | 9:00-10:00 |
| SUMMER CAMP | SUMMER CAMP | SUMMER CAMP | SUMMER CAMP | SUMMER CAMP | Demonstration Team - Weapon & Board Breaking |
| 11:30-1:00PM | 11:30-1:00PM | 11:30-1:00PM | 11:30-1:00PM | 11:30-1:00PM | |
| Team Daedo NATIONAL CHAMP Training ONLY | | Team Daedo NATIONAL CHAMP Training ONLY | | Team Daedo NATIONAL CHAMP Training ONLY | |
| | | | | 4:15-5:00 | 10:00-11:30 |
| | | | | Introduction to Sparring | TEAM (ALL)- ENDURANCE |
| | | | | 5:00-6:00 | |
| | | | | LEVEL 1 & 2- SPARRING TEAM | |
| 6:30-7:30 | 6:30-7:15 | 6:30-7:30 | 6:30-7:15 | 6:00-7:00 | |
| LEVEL 1 & 2- SPARRING TEAM | Team Level 1 -Orange, Yellow & Green Belts - Poomsae | MODIFIED: LEVEL 1 ONLY- SPARRING TEAM | Team Level 1 -Orange, Yellow & Green Belts - Poomsae | TEAM FORM- All Belts | |
| 7:30-8:30 | | Demonstration Team - Weapon & Board Breaking | | | |
| Team Level 2: Blue - Black Belt Form | | 7:30-8:30 | | | |
| | | Team Level 2: Blue - Black Belt Form | | | |

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