



# BECKS' MARTIAL ARTS FITNESS

SCHEDULE BEGINS MONDAY JUNE 17, 2024

8017 FIRST ST. WELLINGTON \* WWW.BECKSMARTIALARTS.COM \* 970-488-9086

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
TIGERS 5:05 - 5:35	TIGERS 12:00 - 12:30	TIGERS 5:05 - 5:35	TIGERS 12:00 - 12:30
JUNIORS 5:45 - 6:30	JUNIORS & ADULTS 12:35 - 1:15	JUNIORS 5:45 - 6:30	JUNIORS & ADULTS 12:35 - 1:15

### FITNESS1 PROTOCOL/ETIQUETTE

Taekwondo students must be escorted by an adult, and are not allowed to be unchaperoned in the gym . Please keep kids close to you at all times.

Becks students and non Fitness1 members cannot use gym equipment in any area of the gym. Please take all conversations outside of the Taekwondo room,. It is a small room where students are asking to stay focused. Please help us limit all distractions.

### DRESS CODE

BECKS' MARTIAL ARTS UNIFORMS , GEAR & APPAREL ONLY. APPROVED SUMMER T-SHIRT UNIFORMS CAN BE WORN FROM MAY - SEPTEMBER, WHITE UNIFORMS OCTOBER - APRIL AND FOR ALL TESTINGS, CEREMONY, AND COMPETITION.