

Roanoke Taekwondo & NinjaTrix Academy

Fall 2024: TaeKwonDo Class Schedule

Ages 4 & Older

Class attendance is unlimited. ALL students must sign up for their classes using the link.

Little Dragon Classes: ALL RANKS Ages 4-5

Monday	5:30pm (30 minutes)
Tuesday	4:00 pm (30 minutes)
Wednesday	5:30pm (30 minutes)
Thursday	4:00pm (30 minutes)
Friday	No Classes
Saturday	9am (30 minutes)

Juniors Taekwondo Classes: ALL RANKS Ages 5-11

Monday	5:30pm or 6:30pm (1 hour)
Tuesday	4:00pm or 6pm (30 minutes or 90 minutes)
Wednesday	5:30pm (1 hour)
Thursday	4:00pm or 6pm (30 or 90 minutes)
Friday	No Classes
Saturday	9am (1 hour)

Teens Taekwondo Classes: ALL RANKS Ages 11-18

Monday	6:30pm (1 hour)
Tuesday	6pm or 7:30 pm (90 minutes or 60 minutes)
Wednesday	No Class
Thursday	6pm or 7:30 pm (90 minutes or 60 minutes)
Friday	No Classes
Saturday	9am (1 hour)

Adults Taekwondo Classes: ALL RANKS Ages 18 & Up

Monday	6:30pm (1 hour)
Tuesday	6pm (90 minutes)
Wednesday	No Classes
Thursday	6pm (90 minutes)
Friday	No Classes
Saturday	9am (1 hour)

Cardio Conditioning Classes: Ages 15 & Up

Monday	7:30pm (45 minutes)
Tuesday	No Classes
Wednesday	6:30pm (45 minutes)
Thursday	No Classes
Friday	No Classes
Saturday	8am (1 hour)

Roanoke Taekwondo & NinjaTrix Academy
Fall 2024: NinjaTrix Class Schedule
Ages 4 to 12

Class attendance is unlimited. ALL students must sign up for their classes using the link.

NinjaTrix Beginners: White, Yellow, & Orange Ninjas

Monday 4:00pm (45 minutes)
Tuesday No Classes
Wednesday 4:45pm (45 minutes)
Thursday 4:30pm (45 minutes)
Friday 4:45pm (45 minutes)
Saturday 10am (45 minutes)

NinjaTrix Intermediates: Green, Purple, & Blue Ninjas

Monday 4:45pm (45 minutes)
Tuesday 4:30pm (45 minutes)
Wednesday No Classes
Thursday 5:15pm (45 minutes)
Friday 4:45pm (45 minutes)
Saturday 10am (45 minutes)

NinjaTrix Advanced: Brown, Red, & Black Ninjas

Monday No Classes
Tuesday 5:15pm (45 minutes)
Wednesday 4:00pm (45 minutes)
Thursday No Classes
Friday 4:45pm (45 minutes)
Saturday 10am (45 minutes)

Required Equipment for Classes:

TaeKwonDo:

First Class? You need to wear something you can run, jump, stretch, and kick in.

Enrolled Students:

Full uniform can be worn in class and is required to be worn in class when getting your 8th stripe on your belt before Promotional Testing. Students also have the option of wearing their uniform pants, belt, & TKD t-shirt for regular classes. Full uniforms must be worn for Promotional Testing, Award Ceremonies, Tournaments, & other special events. Students must bring their full set of sparring gear to each class. You will be sized for sparring gear when you enroll and you get to pick the color. NO JEWELRY SHOULD BE WORN DURING CLASS. This includes watches and/fitbits.

NinjaTrix:

First Class? You need to wear something you can run, jump, stretch, and kick in.

Enrolled Students:

NinjaTrix students must wear their full NinjaTrix uniform for Rank Promotion events. This means their CURRENT rank t-shirt and black NinjaTrix shorts. For daily classes the students can wear any Roanoke TKD/NinjaTrix T-shirt and shorts. Please no jeans, polo shirts, buttoned shirts, or dresses. We try to avoid regular street wear on the mats for safety reasons. NO JEWELRY OF ANY KIND PLEASE.

Cardio Conditioning Class:

Cardio students should wear workout clothes for running, pushups, sit-ups, punching, kicking, lunging, squatting, bouncing, kettle bells, free weights, medicine balls, loud music, and (at times) crying. You will also need the following: Water Bottle, Towel, & Boxing/Bag Gloves. No shoes are allowed on the mat. No jewelry. Fitbits & Apple Watches **ARE** permitted for Cardio Class.

Weapons Classes: INVITE ONLY

Fridays at 5:30pm

There are 2 Mr. Abbotts at the TKD school. The old one is in charge of who is allowed to take weapons class. Selection is based on behavior in regular classes. Old Mr. Abbott won't be handing you a weapon to swing around if he constantly has to keep an eye on you in class to make sure you behave. We don't charge for taking the weapons classes. All students start out with a wooden Bo Staff to begin training. If the student is serious about continuing, Mr. Abbott will show you the approved practice weapons that can be purchased for use in the school. Only approved practice weapons are allowed in the school.