



# TRU Taekwondo Center

Weekly Schedule Peter's Creek

(336) 788-5333  
www.TRUTKD.com



MON	TUES	WED	THURS	FRI	SAT
	All Belts Class 11:00 - 11:45		All Belts Class 11:00 - 11:45		White & Yellow Belt Class 10:00 - 10:45
White & Yellow Belt Class 4:00 - 4:45	Red Belt & Up Class 4:00 - 4:45	Black Belt Class 4:00 - 4:45	Blue & Red Belt Class 4:00 - 4:45	Green Belt & Under Class 4:00 - 4:45	Green Belt & Up Class 10:45 - 11:30
Green Belt Class 4:45 - 5:30	White & Yellow Belt Class 4:45 - 5:30	Green & Blue Belt Class 4:45 - 5:30	Yellow & Green Belt Class 4:45 - 5:30	Poomsae Only Class 4:45 - 5:30	Demo Practice**  12:30 - Until
Super Kids Class 5:30 - 6:00	Super Kids Class 5:30 - 6:00	Super Kids Class 5:30 - 6:00	Super Kids Class 5:30 - 6:00	Sparring Class (Yellow Belt & Up) 5:30 - 6:15	
Blue & Red Belt Class 6:00 - 6:45	Green & Blue Belt Class 6:00 - 6:45	White & Yellow Belt Class 6:00 - 6:45	White & Yellow Stripe Belt Class 6:00 - 6:45	Blue Belt & Up Class 6:15 - 7:00	
Black Belt Class 6:45 - 7:30	Red Belt & Up Class 6:45 - 7:30	Red Belt Class 6:45 - 7:30	Red Belt & Up Class 6:45 - 7:30	Leadership Class** 7:00 - Until	
Teen & Adult Class 7:30 - 8:15	TRU Fitness Class 7:30 - 8:15	Teen & Adult Class 7:30 - 8:15	TRU Fitness Class 7:30 - 8:15		

**Birthday Parties!**

Available to Members  
&  
Non-Members

**Party includes:**

- Personalized invitations
- Taekwondo & Activities
- Cake & Drinks
- Cake cutting ceremony  
*(with a Samurai Sword)*

**Contact the office & schedule yours TODAY!**



**Which classes can I come to?**

Fitness Members - Fitness Classes

White & Yellow Belt Class - White, Yellow Stripe, Yellow and Green Stripe Students

Green Belt Class - Green and Blue Stripe Students

Blue Belt Class - Blue and Red Stripes Students

Red Belt Class - Red and Black Stripe Students

Black Belt Class - Black Stripes and Black Belt Students

Teen and Adult - All Ranks 16yrs old and Above

Poomsae - All Ranks 6yrs old and Above

Sparring Class - Yellow Belt & Up (6yrs & Older)

Demo Practice - \*\*Demo Team Members

Leadership Class - \*\*Leadership Team Members

Every other Friday

Effective January 15, 2016

\*\* Subject to Change

Demonstrations and Group Trial Lessons are available upon request. Please let us know if you are interested in one for School, Church, Scouts, or other groups.

TRU Taekwondo Center, LLC 5038 Peters Creek Pkwy Winston-Salem, NC 27127 336-788-5333 www.TRUTKD.com