

# Class Schedule

Updated February 2016

715-358-3971



Additional Training and Announcements On Our Website

[www.LeadershipAcademyInc.com](http://www.LeadershipAcademyInc.com)

Students Become A Member of our Group - [Facebook.com/groups/leadershipacademyinc/](https://www.facebook.com/groups/leadershipacademyinc/)



*"Always Assume that your opponent is going to be bigger, stronger, and faster than you; so that you learn to rely on technique, timing and leverage rather than brute strength"* - Grandmaster Helio Gracie

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
8:30 am	Private Lessons	Private Lessons	KickStart	Private Lessons	KickStart	Trim/Tone 9:00am Private Lessons		
4:30	Basic TKD	Private Lessons	Basic TKD	Int / Adv	Private Lessons	Birthday Party Call To Schedule		
5:00	Int-TKD	PreSkillz	Forms/Spar	PreSkillz				
5:30	Adv-TKD	KickStart	Basic TKD	Butts&Gutts	TRICKZ	KickStart	Basic TKD	Butts&Gutts
6:00	Self Defense	Spar/Forms	Conditioning	< 15 GJJ	Check FB Group For Possible Open Roll Times	Private Lessons		
6:30		< 15 GJJ	Conditioning	Self Defense				
7:00	MMA	LDF Youth Center	GJJ Roll	LDF Youth Center	Adult GJJ	Private Lessons		
7:30		Adult GJJ	MMA	Adult GJJ				



## Month to Month Tuition

PreSkillz	\$195 Initial - \$100/mo
TKD Basics	\$195 Initial - \$125/mo
TKD Inter	\$395 Initial - \$125/mo
TKD Adv	\$0 Initial - \$125/mo (Black Belts - \$75/mo)
Self Defense	Self Defense is Included as part of all TKD and GJJ classes - <u>Must be 10+ yrs old</u>
Gracie Jiu Jitsu	\$150 Initial (includes GI) - \$100/mo (\$15/Day drop in fee) \$150 Initial (includes Gi - \$50/mo if added on to TKD classes)
Women's Fitness	\$25/mo - 1 day/week - TT, BG, KC, CC \$50/mo - 2 days/week - TT, BG, KC, CC
Conditioning	
Trickz	\$25/addon
MMA	\$100/mo (\$15/Day drop in fee) \$150/mo - GJJ/MMA Both



Projabi - \$25/mo  
Project Based Leadership Training

Diet Coaching - \$25/mo  
Self Defense - \$50/mo



### Personal 1-on-1 Training

\$49 Private Lessons (\$390 for 10)

- MMA/TKD (Gary Engels)
- Gracie Jiu Jitsu (Gary Engels)
- Fitness (Nikki or Kayla)

Private Lessons By Appointment Only

### Code of Conduct.

1. Always be respectful.
2. Always refer to adult black belts as Mr. \_\_\_\_\_ or Mrs \_\_\_\_\_
3. Absolutely no coaching your children or other students during class.
4. If you are late, wait on outside of the mat until the instructor gives you permission to join.
5. Do not leave the mat area without permission from the instructor.
6. During class, when the instructor is demonstrating the techniques, every student must sit, kneel or stand in good posture.
7. Talking should be kept to a minimum level and should relate to the class subject.
8. No foul language inside the school.
9. Keep feet clean. No dirty feet on the mat.
10. You are encouraged to wear shoes or flip flops, when you are not on the mat.
11. If you are wearing flip flops, you must clean your feet before stepping on the mat.
12. You must always wear a shirt or rash guard inside the academy.
13. All training gear and bags should be left in the locker room, not on the benches around the training area.
14. Your uniform must be clean at all times. A dirty uniform is a sign of disrespect.
15. Always be respectful towards your training partners.
16. All jewelry, pierces, necklaces, and other items should be removed during training.
17. Keep fingernails and toenails neatly trimmed.
18. All students and visitors must wear clean and appropriate gi for the class being attended.
19. No electronic devices allowed in the training area.
20. No shoes, food, or drink on the mat.
21. Be humble.
22. Be persistent.
23. Believe and Achieve.