

Class Schedule

Updated January 2020



715-358-3971

Additional Training and Announcements On Our Website

www.LeadershipAcademyInc.com

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



"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." -John Quincy Adams

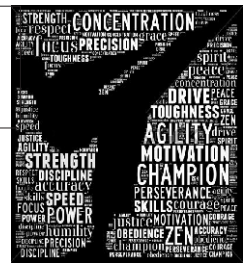
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30	Basic TKD	All Kids RGJJ	Basic TKD	Int / Adv	Private Lessons	9:00am Trim/Tone Lea
5:00	Adv Int TKD	PreSkillz	Forms/Sparring	PreSkillz		Birthday Party Call To Schedule
5:30	Taekwondo Yoga Circuit Infusion Nikki	Basic TKD Butts&Gutts Nikki	RGJJ Juniors (45 min) Trim/Tone Lea	Basic TKD Butts&Gutts Nikki		
6:00	Kids RGJJ	Spar/Forms Kickboxing Nikki	Private Lessons & Bonus Classes Trim/Tone (low impact) Lea	RGJJ Little Champs Kickboxing Nikki		
6:30	Royce Gracie Jiu Jitsu	Royce Gracie Jiu Jitsu		Royce Gracie Jiu Jitsu		
7:00	Royce Gracie Jiu Jitsu	Royce Gracie Jiu Jitsu		Royce Gracie Jiu Jitsu		
	4:30-5:00 Basic TKD 4:30-5:30 Intermediate 4:30-6:00 Advanced 5:30-6:15 Yoga Circuit 6:00-6:30 Kids RGJJ 6:30-7:30 Adult RGJJ	4:30-5:00 Kids RGJJ 5:00-5:30 Pre-Skillz 5:30-6:00 Basic TKD 5:30-6:30 Intermediate 5:30-6:15 Butts and Gutts 6:15-7:00 Kickboxing 6:30-7:30 Adult RGJJ	4:30-5:00 Basic TKD 4:30-5:30 Intermediate 5:30-6:15 Kids RGJJ 5:30-6:15 Trim and Tone 6:15-7:00 Trim and Tone	4:30-5:00 Intermediate 5:00-5:30 Pre-Skillz 5:30-6:00 Basic TKD 6:00-6:30 RGJJ - <9 yrs 5:30-6:15 Butts and Gutts 6:15-7:00 Kickboxing 6:30-7:30 Adult RGJJ		



Tuition

Taekwondo	Warrior Package	\$25/mo - 1 day/week \$50/mo - 2 days/week
Gracie Jiu Jitsu		
Women's Fitness		
Kickboxing		

Family Friendly Plan
2 Enrollments
= Entire Household



TKD PreSkillz	4-5 yr olds	TKD Inter	Green Belts and Up
TKD Basics	White Belts and Up	TKD Adv	Red and Black Belts
RGJJ Juniors	RGJJ 9-13 yr olds	Little Champs	RGJJ 4-8 yr olds

Private Lessons

\$49 -30 Min Private Lessons
or 1 Hour Private for \$69

- SDefense/TKD (Gary Engels)
- Gracie Jiu Jitsu (Gary Engels)
- Fitness (Nikki Engels)

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.

RGJJ = Self Defense - 1 SD class per week is included for all Red Belts
 RGJJ = Royce Gracie Jiu Jitsu - Royce Gracie 360 is a 28 lesson starting point for all Jiu Jitsu students and Self Defense students.
 RGJJ Sparring Classes have a Prerequisite of 12 Royce Gracie 360 Classes
 Private Lessons are run throughout the day and on weekends. Private Lessons are available upon request and by appointment.