



Pai's Tae Kwon Do

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Troy Dojang

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Troy, NY 12180
(518) 283 - 4491

Rensselaer Dojang

1 Agway Dr.
Rensselaer, NY 12144
(518) 687 - 2224

Albany Dojang

1758 Western Ave.
Albany, NY 12203
(518) 456 - 9300



Class Ages : Mighty Mites (3 - 5 Years Old) CH (Children 6 - 12 Years Old) Adults (Ages 13 & Up) Specialty Classes : BBC/MC (Black Belt Club/Masters Club Members Only) BB Prep (BB Candidates) Power Class (All Current Black Belts)						Effective Date: 2/8/2021
	MON	TUE	WED	THU	FRI	SAT
5:00 PM	CH Green - Blue Belts	CH Purple - Red Belts	Mighty Mites & CH White Belts	CH White - Yellow Belts	Specialty BBC/MC Class (Every 1st & 3rd Week) BB Mini Power Class (Every 2nd & 4th Week)	Special ZOOM Classes *Check monthly calendar for dates & times!*
5:40 PM	Mighty Mites & CH White Belts	Mighty Mites	CH Yellow - Orange Belts	Mighty Mites	BB Prep Class (Every 1st & 3rd Week)	
6:20 PM	CH Yellow - Orange Belts	CH White - Orange Belts	CH Brown - Bodan Belts	CH Orange - Blue Belts	BB Mini Power Class (Every 2nd & 4th Week)	
7:00 PM	CH Brown - Bodan Belts	All Black Belts	CH Green - Red Belts	CH Purple - Bodan Belts	Leadership Team Class (Every 1st Week) Demo Team Class (Every 3rd Week)	TUES & THURS: 12:00 NOON ALL ADULTS @ RENSSELAER DOJANG
7:40 PM	All Black Belts & Adults		All Black Belts & Adults	All Black Belts & Adults		
Students are expected to:						
<ul style="list-style-type: none"> Arrive 10 minutes early for class & be well-mannered Only wear/use approved Pai's TKD equipment/gear 				<ul style="list-style-type: none"> Attend classes 2 times a week Display Black Belt Attitude & Commitment Notify staff if you will be missing class 		<p>We Are A Black Belt School! Your Goal Is To Be A Black Belt!</p> <p>We Are On A Quest To Be Our Best!</p>