



# Pai's Tae Kwon Do

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## Troy Dojang

744 Pawling Ave.  
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
<b>5:00 PM</b>	Mighty Mites	CH Green - Red Belts	Mighty Mites	CH White - Orange 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!*
<b>5:40 PM</b>	CH White Belts	Mighty Mites	CH White Belts	Mighty Mites	BB Prep Class (Every 1st & 3rd Week)	
<b>6:20 PM</b>	CH Yellow - Orange Belts	CH White - Orange Belts	CH Green - Blue Belts	CH Green - Blue & CH Black Belts	BB Mini Power Class (Every 2nd & 4th Week)	
<b>7:00 PM</b>	CH Brown - Bodan Belts	CH Black Belts	CH Purple - Bodan Belts	CH Purple - Bodan Belts	Leadership Team Class (Every 1st Week) Demo Team Class (Every 3rd Week)	<b>TUES &amp; THURS:</b> 12:00 NOON ALL ADULTS @ RENSSELAER DOJANG
<b>7:40 PM</b>	All Adults	AD Black Belts	All Adults	All Adults & AD Black Belts		
<b>Students are expected to:</b>						
<ul style="list-style-type: none"> <li>Arrive 10 minutes early for class &amp; be well-mannered</li> <li>Only wear/use approved Pai's TKD equipment/gear</li> </ul>				<ul style="list-style-type: none"> <li>Attend classes 2 times a week</li> <li>Display Black Belt Attitude &amp; Commitment</li> <li>Notify staff if you will be missing class</li> </ul>		<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>