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29 Laidlaw Blvd 2nd Floor

## "where kids learn life skills and build confidence"

## **CLASS SCHEDULE**

MON	TUE	WED	THURS	FRI	SAT				
All After School Little & Junior Champs (All Belts) 4:15pm - 5:00pm	All After School Little & Junior Champs (All Belts) 4:15pm - 5:00pm	All After School Little & Junior Champs (All Belts) 4:15pm - 5:00pm	All After School Little & Junior Champs (All Belts) 4:15pm - 5:00pm	All After School Little & Junior Champs (All Belts) 4:15pm - 5:00pm	Toddler Champs (Ages 2½ to 4 yrs.) 9:00am - 9:40am Make-up Little Champs 10:00am - 10:45am				
Little Champs	Junior Champs	Little Champs	Junior Champs	Little Champs					
(Ages 4 to 7 yrs.) 5:15pm - 6:00pm	(White Belt to Blue Stripe) 5:15pm - 6:00pm	(Ages 4 to 7 yrs.) 5:15pm - 6:00pm	(White Belt to Blue Stripe) 5:15pm - 6:00pm	(Ages 4 to 7 yrs.) 5:15pm - 6:00pm	Make-up Junior Champs (White Belt to Blue Stripe) 11:00am - 11:45am				
Junior Champs	Junior Champs	Junior Champs	Junior Champs	Junior Champs					
(Black Belts) 6:15pm - 7:00pm	(Blue Belt to Black Stripe) 6:15pm - 7:00pm	(Black Belts) 6:15pm - 7:00pm	(Blue Belt to Black Stripe) 6:15pm - 7:00pm	(Black Belts) 6:15pm - 7:00pm	Make-up Junior Champs				
Focusmaster Fitness 7:15pm - 8:00pm	Taekwondo Adults (All Belts) 7:15pm - 8:15pm	Focusmaster Fitness 7:15pm - 8:00pm	Taekwondo Adults	Black Belt Exam Preparation (By Invitation ONLY) 7:15pm - 8:00pm	(Blue Belt to Black Stripe) 12:00pm - 12:45pm				
			(All Belts) 7:15pm - 8:15pm	Focusmaster Fitness (TBD)	(VISIT OUR WEBSITE FOR				
					DETAILS) HTTPS://CHAMPIONSTAEKW ONDOMARKHAM.CA				
*SCHEDULE IN EFFEC	SCHEDULE IN EFFECT AS OF September 6, 2021 MARKHAM LOCATIO								

## **CODE OF ETHICS / CONDUCT**

- 1) Arrive on time for classes.
- 2) Put shoes on rack and personal items in change rooms.
- 3) Have clean and unwrinkle uniform.
- 4) No jewelry in class.
- 5) No chewing gum in class.
- 6) Bring all necessary equipments to each class.
- 7) All finger and toe nails must be trimmed at all times.
- 8) Must "Bow" before entering and leaving training area (do-jang).
- 9) All students must show respect to each other at all times.
- 10) All students must address all Instructors and Black Belts as "Sir/Madam" and respect in the form of a "Bow".
- 11) All students must respect all training equipments as they are a important part of your Martial Arts training.
- 12) All students must attempt to give a 100% in each and every class with high spirit.

Enjoy the Journey!