

"where kids learn life skills and build confidence"

CLASS SCHEDULE

MON	TUE	WED	THURS	FRI	SAT
All After School Little & Junior Champs (All Belts) 4:00pm - 4:45pm	All After School Little & Junior Champs (All Belts) 4:00pm - 4:45pm	All After School Little & Junior Champs (All Belts) 4:00pm - 4:45pm	All After School Little & Junior Champs (All Belts) 4:00pm - 4:45pm	All After School Little & Junior Champs (All Belts) 4:00pm - 4:45pm	
					Little Champs 10:00am - 10:45am
Little Champs (Ages 4 to 7 yrs.) 5:15pm - 6:00pm	Junior Champs (White Belt to Blue Stripe) 5:15pm - 6:00pm	Little Champs (Ages 4 to 7 yrs.) 5:15pm - 6:00pm	Junior Champs (White Belt to Blue Stripe) 5:15pm - 6:00pm	Junior Champs (White Belt to Blue Stripe) 5:15pm - 6:00pm	
					Junior Champs (White Belt to Blue Stripe) 11:00am - 11:45am
Junior Champs (Black Belts) 6:15pm - 7:00pm	Junior Champs (Blue Belt to Black Stripe) 6:15pm - 7:00pm	Junior Champs (Black Belts) 6:15pm - 7:00pm	Junior Champs (Blue Belt to Black Stripe) 6:15pm - 7:00pm	Junior Champs (Black Belts) 6:15pm - 7:00pm	
					Junior Champs (Blue Belt to Black Stripe) 12:00pm - 12:45pm
Focusmaster Fitness 6:30pm - 7:15pm	Taekwondo Adults (All Belts) 6:15pm - 7:15pm	Focusmaster Fitness 6:30pm - 7:15pm	Taekwondo Adults (All Belts) 6:15pm - 7:15pm	Black Belt Exam Preparation (By Invitation ONLY) 7:15pm - 8:00pm	
				Focusmaster Fitness (TBD)	
Private 7:15pm - 8:00pm	Private 7:15pm - 8:00pm	Private 7:15pm - 8:00pm	Private 7:15pm - 8:00pm	Private 7:15pm - 8:00pm	(VISIT OUR WEBSITE FOR DETAILS) HTTPS://CHAMPIONSTAEKW ONDOMARKHAM.CA

***SCHEDULE IN EFFECT AS OF September 1, 2025**

MARKHAM LOCATION

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!