



Weekly Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
After School 2:30-5:00 PM	After School 2:30-5:00 PM	After School 2:30-5:00 PM	After School 2:30-5:00 PM	After School 2:30-5:00 PM	Junior Champs 10:00-10:30 AM
Junior Champs 5:30-6:00 PM	Junior Champs 5:30-6:00 PM	Junior Champs 5:30-6:00 PM	Junior Champs 5:30-6:00 PM	Junior Champs 5:30-6:00 PM	Family Class 10:30-11:15 AM
White, Yellow Stripe, Yellow 6:00-6:45 PM	White, Yellow Stripe, Yellow 6:00-6:45 PM	White, Yellow Stripe, Yellow 6:00-6:45 PM	White, Yellow Stripe, Yellow 6:00-6:45 PM	White, Yellow Stripe, Yellow 6:00-6:45 PM	Birthday Party 12:00 PM onward 
Green Stripe, Green, Blue Stripe, Blue 6:45-7:30 PM	Red Stripe, Red, Black Stripe, Black 6:45-7:30 PM	Green Stripe, Green, Blue Stripe, Blue 6:45-7:30 PM	Red Stripe, Red, Black Stripe, Black 6:45-7:30 PM	Green Stripe, Green, Blue Stripe, Blue 6:45-7:30 PM	
Teen, Adult 7:30-8:15 PM	Teen, Adult 7:30-8:15 PM	Red Stripe, Red, Black Stripe, Black 7:30-8:15 PM	Teen, Adult 7:30-8:15 PM		

*JUNIOR CHAMPS (AGES 4-5)

*KIDS TAEKWONDO (AGES 6-12)

*TEEN / ADULT (13+)

*FAMILY CLASS (AGES 6+ • ALL BELT LEVELS)

Class schedule is subject to change based on enrollment.



ArisMartialArts.ca



info@arismartialarts.ca