



Spring 2025

(Effective March 22, 2025)

TIME	MON	TUE	WED	THU	FRI	SAT
5:30-6:15	Ages 7 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	Ages 7 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	Ages 7 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	Ages 7 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	Ages 7 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	<u>11:30AM-12:15PM</u> Ages 4-11 ALL LEVELS
6:15-7:00	Ages 11 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	Ages 11 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	Ages 11 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	Ages 11 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	Ages 11 & Under BEGINNERS-INTERMEDIATE <i>WHITE-BLUE</i>	<u>12:30PM-1:30PM</u> SPARRING TRAINING ALL AGES ALL RANKS
7:00-8:00	Ages 12 & Up ALL RANKS + Ages 11 & Under ADVANCED <i>BLUE-BLACK</i>	Ages 12 & Up ALL RANKS + Ages 11 & Under ADVANCED <i>BLUE-BLACK</i>	Ages 12 & Up ALL RANKS + Ages 11 & Under ADVANCED <i>BLUE-BLACK</i>	Ages 12 & Up ALL RANKS + Ages 11 & Under ADVANCED <i>BLUE-BLACK</i>	Ages 12 & Up ALL RANKS + Ages 11 & Under ADVANCED <i>BLUE-BLACK</i>	*Bring own sparring gear

- No classes on all public holidays, test days or special events
- Masks are welcomed for everyone age 4 and up entering our facility
- Bring your own bottled water with name labelled