



SPRING 2022 SCHEDULE

(Effective March 21, 2022 until further notice)

| TIME | MON | TUE | WED | THU | FRI | SAT | SUN |
|-----------|--|--|--|--|---|--|---------------|
| 5:00-5:45 | Ages 7 & Under BEGINNERS-INTERMEDIATE <i>WHITE-RED STRIPE</i> | Ages 7 & Under BEGINNERS-INTERMEDIATE <i>WHITE-RED STRIPE</i> | Ages 7 & Under BEGINNERS-INTERMEDIATE <i>WHITE-RED STRIPE</i> | Ages 7 & Under BEGINNERS-INTERMEDIATE <i>WHITE-RED STRIPE</i> | Ages 7 & Under BEGINNERS-INTERMEDIATE <i>WHITE-RED STRIPE</i> | 12:00-1:30PM All Ages All Ranks SPARRING TRAINING <i>*Bring own sparring gear</i> | CLOSED |
| 6:00-6:45 | Ages 11 & Under BEGINNERS-INTERMEDIATE <i>WHITE-RED STRIPE</i> | Ages 11 & Under BEGINNERS-INTERMEDIATE <i>WHITE-RED STRIPE</i> | Ages 11 & Under BEGINNERS-INTERMEDIATE <i>WHITE-RED STRIPE</i> | Ages 11 & Under BEGINNERS-INTERMEDIATE <i>WHITE-RED STRIPE</i> | Ages 11 & Under BEGINNERS-INTERMEDIATE <i>WHITE-RED STRIPE</i> | | |
| 7:00-8:00 | Ages 12 & Up ALL RANKS + Ages 11 & Under ADVANCED <i>RED STRIPE-BLACK</i> | Ages 12 & Up ALL RANKS + Ages 11 & Under ADVANCED <i>RED STRIPE-BLACK</i> | Ages 12 & Up ALL RANKS + Ages 11 & Under ADVANCED <i>RED STRIPE-BLACK</i> | Ages 12 & Up ALL RANKS + Ages 11 & Under ADVANCED <i>RED STRIPE-BLACK</i> | Ages 12 & Up ALL ANKS + Ages 11 & Under ADVANCED <i>RED STRIPE-BLACK</i> | | |

- No classes on all public holidays, test days or special events
- Face masks are recommended inside our facility (Students can remove theirs during class)
- Bring your own bottled water with name labelled
- Our changerooms are closed temporarily. Please dress in your uniforms before arrival.