



# Winter/Spring 2024

(Effective September 5, 2023)

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>	11:30AM-12:15PM Ages 11 & Under <i>ALL RANKS</i>
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>	12:30PM-1:30PM SPARRING TRAINING <i>ALL AGES ALL RANKS</i>
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