



# GoBeyond Martial Arts

Register for your free trial!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>4:00 - 4:50 PM</b> 7-9 Year Olds <i>Group One</i>	<b>4:00 - 4:50 PM</b> 10-13 Year Olds <i>Group One</i>	<b>4:00 - 4:50 PM</b> 7-9 Year Olds <i>Group One</i>	<b>4:00 - 4:50 PM</b> 10-13 Year Olds <i>Group One</i>	<b>4:00 - 4:50 PM</b> 7-9 Year Olds Add. Sparring	<b>10:00 - 10:45 AM</b> Spectrum Class 1
<b>5:05 - 5:55 PM</b> 7-9 Year Olds <i>Group Two</i>	<b>5:05 - 5:55 PM</b> 7-9 Year Olds <i>Group Three</i>	<b>5:05 - 5:55 PM</b> 7-9 Year Olds <i>Group Two</i>	<b>5:05 - 5:55 PM</b> 7-9 Year Olds <i>Group Three</i>	<b>5:05 - 5:55 PM</b> 10-13 Year Olds Add. Sparring	<b>11:00 - 11:45 AM</b> Spectrum Class 2
<b>6:10 - 7:00 PM</b> 10-13 Year Olds <i>Group Two</i>	<b>6:10 - 7:00 PM</b> 10-13 Year Olds <i>Group Three</i>	<b>6:10 - 7:00 PM</b> 10-13 Year Olds <i>Group Two</i>	<b>6:10 - 7:00 PM</b> 10-13 Year Olds <i>Group Three</i>	<b>6:10 - 7:00 PM</b> Leadership	<b>12:00 - 12:45 PM</b> Spectrum Class 3
<b>7:15 - 8:15 PM</b> Teen/Adult 14+ <i>Group One</i>	<b>7:15 - 8:15 PM</b> Teen/Adult 14+ <i>Group Two</i>	<b>7:15 - 8:15 PM</b> Teen/Adult 14+ <i>Group One</i>	<b>7:15 - 8:15 PM</b> Teen/Adult 14+ <i>Group Two</i>	<b>7:15 - 8:15 PM</b> Teen/Adult 14+ Add. Sparring	<b>1:00 - 3:00 PM</b> Open Training

**7-9 Year Olds, 10-13 Year Olds, and Teen/Adult 14+ classes:** 2x/week

**Leadership:** Develop confidence, courage, mindset, and independence. Speak with your Instructor to learn how to join.

**Open Training:** Allow students to freely practice curriculum at their own pace. Please see availability in our parent portal.

**Add. Sparring:** Additional sparring class. Check parent portal for availability and pricing.

**Located:** #B105, 1475 Prairie Avenue

**Tele:** (866) 906-7133

**Email:** [questions@gobeyondmartialarts.ca](mailto:questions@gobeyondmartialarts.ca)

**Website:** [gobeyondmartialarts.ca](http://gobeyondmartialarts.ca)



# GoBeyond Martial Arts' Training Cycle

Week	Monday	Tuesday	Wednesday	Thursday
1, 4, 7, 10	Foundations	Foundations	Freestyle	Freestyle
2, 5, 8, 11	Forms	Forms	Sparring	Sparring
3, 6, 9, 12	Self Defense	Self Defense	Target Training	Target Training

## Contact Us

Tele: (866) 906-7133

Email: [questions@gobeyondmartialarts.ca](mailto:questions@gobeyondmartialarts.ca)

## Better Yet Visit Us!

#B105, 1475 Prairie Avenue

## Visit our website!

[gobeyondmartialarts.ca](http://gobeyondmartialarts.ca)

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