

GOBEYOND MARTIAL ARTS

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

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

Spectrum Class - 1x/week

Leadership - Grow skills, confidence, courage, mindset, independence, and learn how to lead by example.

Open Training - Mat is open for student's self practice

Add. Sparring - Additional sparring class student's can attend (Check parent portal for availability and pricing)

2:00 - 4 PM
Opening Training

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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

Located: #B105, 1475 Prairie Avenue

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Tele: (866) 906-7133

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