



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	ZOOM Children/Youth White - Blue 3:15 - 3:55PM		ZOOM Children/Youth White - Blue 3:15 - 3:55PM		Children Beginner White - Orange 9:30 - 10:15PM	
	ZOOM Youth/Teen Purple - Black 4:00 - 4:40PM		ZOOM Youth/Teen Purple - Black 4:00 - 4:40PM		Youth Interm. White - Orange 10:20 - 11:05PM	
					Youth Advance Green - Red 11:10 - 11:55PM	
Children Beginner White - Orange 3:30 - 4:15PM	Children Beginner White - Orange 3:30 - 4:15PM	Children Beginner White - Orange 3:30 - 4:15PM	Children Beginner White - Orange 3:30 - 4:15PM			
Youth Interm. White - Orange 4:20 - 5:05PM	Youth Interm. White - Orange 4:20 - 5:05PM	Youth Interm. White - Orange 4:20 - 5:05PM	Youth Interm. White - Orange 4:20 - 5:05PM	Children/Youth Olympic Sparring 4:20 - 5:05PM		
Youth Advance Green - Red 5:10 - 5:55PM	Youth Advance Green - Red 5:10 - 5:55PM	Youth Advance Green - Red 5:10 - 5:55PM	Youth Advance Green - Red 5:10 - 5:55PM	Performance Olympic Sparring 5:10 - 6:00PM	Leadership Class / Open Gym by Appointment	
Youth Performance Black 1 & Up 6:00 - 6:45PM	Teen / Adult All Belts 6:00 - 6:50PM	Youth Performance Black 1 & Up 6:00 - 6:45PM	Teen / Adult All Belts 6:00 - 6:50PM		Birthday Party by Appointment	
Teen / Adult All Belts 6:50 - 7:40PM	Teen/Adult Performance Green - Black 6:50 - 7:40PM	Teen / Adult All Belts 6:50 - 7:40PM	Teen/Adult Performance Green - Black 6:50 - 7:40PM			

*Future classes will be added slowly based on the needs within the health Canada guideline. Please contact us if you have any questions.

Children Beginner	Youth Intermediate	Youth Advance	Youth Performance	Teen / Adult	World Performance	Olympic Sparring
White - Orange	White - Orange	Green - Brown	Red - Black	13 & up	Orange & Up	Orange & Up