



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Children/Youth White - Yellow 3:30 - 4:15PM	<b>Zoom Class All Belts 3:30 - 4:10PM</b>	Children/Youth White - Yellow 3:30 - 4:15PM	<b>Zoom Class All Belts 3:30 - 4:10PM</b>	Children/Youth White - Yellow 3:30 - 4:15PM	
Youth Advance Yellow - Blue 4:20 - 5:05PM	Youth Advance Yellow - Blue 4:20 - 5:05PM	Youth Advance Yellow - Blue 4:20 - 5:05PM	Youth Advance Yellow - Blue 4:20 - 5:05PM	<b>Olympic Sparring 4:20 - 5:05PM</b>	Leadership Class / Open Gym by Appointment
Youth Intern White - Orange 5:10 - 5:55PM	Children/Youth White - Orange 5:10 - 5:55PM	Youth Intern White - Orange 5:10 - 5:55PM	Children/Youth White - Orange 5:10 - 5:55PM		Birthday Party by Appointment
Teen / Adult All Belts 6:00 - 6:50PM	<b>Youth Performance Orange - Red 6:00 - 6:45PM</b>	Teen / Adult All Belts 6:00 - 6:50PM	<b>Youth Performance Orange - Red 6:00 - 6:45PM</b>		

\*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