



SUMMER Schedule

(905) 886-4633

Starting July 4th to Sept 3rd, 2016

MONDAY	TUESDAY SPARRING DAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-5:30PM TINY TIGERS	5:00-5:45PM CHILDREN SPARRING ALL BELTS	5:00-5:45PM CHILDREN GREEN BELT & UP	5:00-5:30PM TINY TIGERS	6:30-7:30PM MA FIT	9:00-10:30PM BEG & ADV HP	10:00-11:00AM MA FIT
5:30 - 6:15PM CHILDREN GREEN BELT & UP	6:15-7:15 PM YOUTH & ADULT TKD POOMSAE	5:00-5:45PM CHILDREN WHITE-ORANGE	5:30-6:15PM CHILDREN GREEN BELT & UP	8:00-9:30PM BOXING	11:00-11:30AM TINY TIGERS	11:15-1PM WING CHUN
5:30 - 6:15PM CHILDREN WHITE-ORANGE	7:15-8:30 PM ADV./H.P. SPARRING	6:00-7:00PM JIUJITSU	5:30-6:15PM CHILDREN WHITE-ORANGE		11:45-12:30PM CHILDREN'S ALL BELTS	
6:15-7:15PM JIUJITSU	6-8PM M.A FIT WEIGHT TRAINING	6:30-7:30PM M.A FIT	6:30 -7:30 PM YOUTH & ADULT TKD ALL BELTS		12:45-1:45PM YOUTH & ADULT TKD ALL BELTS	
6:30 - 7:30 YOUTH & ADULT TKD & SELF DEFENCE		8:00-9:30PM BOXING	6:30 -7:45PM BEGINNER & ADV. H.P.			
7:30 - 9:00PM BOXING						

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