

# REGULAR SCHEDULE - 2015

<u>MONDAY</u>	<u>TUESDAY</u> <b><u>SPARRING DAY</u></b>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
A.S.P. TAEKWONDO 4:30 - 5:00PM	A.S.P. TAEKWONDO 4:30 - 5:00PM	A.S.P. TAEKWONDO 4:30 - 5:00PM	A.S.P. TAEKWONDO 4:30 - 5:00PM	A.S.P. 4:15 - 5:00PM	10:30 - 12:00PM JUDO CHILDREN	10:00 - 12:00PM WING CHUN KUNG FU
<b>5:00-5:30 PM TINY TIGERS (3 - 5 1/2 yrs. old)</b>	<b>5:00-5:45PM CHILDREN'S SPARRING - FUNDAMENTALS</b>	5:00-5:45PM CHILDREN BLUE AND UP  <b><u>ADVANCE</u> AGE 6 - 12 yrs. Old)</b>	<b>5:00-5:30PM TINY TIGERS (3 - 5 1/2 yrs. old)</b>	<b>5:00-6:30 PM BEGINNER HIGH PERFORMANCE</b>	<b>11:00-11:30AM TINY TIGERS (3 - 5 1/2 yrs. old)</b>	10:00 TO 3:00PM JUDO
5:30-6:15PM CHILDREN GREEN BELT AND UP  <b><u>ADVANCE</u> AGE 6 - 12 yrs. Old)</b>	<b>5:45-6:30PM SPARRING - BASIC TACTICS</b>	5:45-6:30PM CHILDREN WHITE - GREEN  <b><u>BEGINNERS</u> AGE 6 - 12 yrs. Old)</b>	5:30-6:15PM CHILDREN WHITE - GREEN  <b><u>BEGINNERS</u> AGE 6 - 12 yrs. Old)</b>	<b>6:00 - ?? PM ADVANCE HIGH PERFORMANCE</b>	11:45 - 12:30PM CHILDREN ALL BELTS	5:30 TO 7:30PM JUDO
6:30-7:15PM CHILDREN WHITE - GREEN <b><u>BEGINNERS</u> AGE 6 - 12 yrs. Old)</b>	<b>6:45 - 7:45PM CHILDREN ADVANCED - SPARRING</b>	<b>6:00 - 7:00 PM AGE 9 AND UP BRAZILLIAN JUJITSU</b>	6:30-7:15PM CHILDREN'S GREEN AND UP <b><u>(SPARRING EQUIPMENT REQUIRED)</u></b>	<b>6:45 - 7:45PM MA FIT</b>	12:30-1:45 PM ADULTS & YOUTH	<b>12:00 - 1:30PM BOXING</b>
<b>6:15 - 7:15PM AGE 9 AND UP BRAZILLIAN JUJITSU</b>	<b>6:45 - 8:00PM HIGH PERFORMANCE SPARRING</b>	<b>6:45 - 7:45 PM MA FIT</b>	<b>7:15-8:45PM HIGH PERFORMANCE CLASS</b>	<b>8:00 - 9:30PM BOXING</b>		
7:30-8:30PM ADULT & YOUTH SELF DEFENCE CLASS	<b>6:30 PM - 7:30 PM MA FIT</b>	<b>7:00-8:00PM BEGINNER HIGH PERFORMANCE</b>	7:15-8:15PM ADULT & YOUTH ALL BELTS			
<b>7:30 - 10PM JUDO</b>	8:00-9:00PM ADULTS & YOUTH POOMSAE CLASS	<b>7:45 - 8:45PM S.T.O.R.M TEAM <u>ON HOLD TILL SEPT 2015</u></b>	6:15- 10:30PM JUDO			
	6:00 -9:00PM JUDO	<b>8:00- 9:30PM BOXING</b>				
		8:30-10:00 PM JUDO				

TINY TIGERS



B.J.J



BOXING



SPARRING DAY



SPARRING HIGH PERFORMANCE



M.A FIT



A.S.P (After School Prog.)

