



EFFECTIVE SEPT. 8/15
teamSKS.ca

519-821-5425

REGULAR SCHEDULE ONLY - Tuesday's after a Monday Closure only - 12:00 pm Adult class.

*****Note - All Schedules: The third Thursday of each month is belt grading, with the following schedule:
 Tutorial 4:30-4:50, Grading 5:00-5:45, Buddy Day 6:00-6:30, Tutorial 6:30-6:50, Grading 7:00-7:45, Adult class 8:00.**

Sealy Karate Schedule - teamSKS.ca

Regular Schedule	(A) Monday	(A) Tuesday	(B) Wednesday	(B) Thursday	(B) Friday	(A) Saturday
Junior Martial Arts	4:00-4:30	5:30-6:00	6:00-6:30	4:00-4:30	6:00-6:30	10:30-11:00
White Belt *	4:45-5:30	4:00-4:45 6:15-7:00	4:45-5:30	4:00-4:45 6:00-6:45	5:15-6:00	11:00-11:45
Yellow Belt *	4:45-5:30	4:00-4:45 6:15-7:00	4:45-5:30	4:00-4:45 6:00-6:45	5:15-6:00	11:00-11:45
Orange Belt *	4:45-5:30	4:00-4:45 6:15-7:00	4:45-5:30	4:00-4:45 6:00-6:45	5:15-6:00	11:00-11:45
Green Belt *	4:00-4:45 6:30-7:15	4:45-5:30	4:00-4:45 6:45-7:30	4:45-5:30	4:30-5:15	11:45-12:30
Green Advanced *	4:00-4:45 6:30-7:15	4:45-5:30	4:00-4:45 6:45-7:30	4:45-5:30	4:30-5:15	11:45-12:30
Purple Belt *	4:00-4:45 6:30-7:15	4:45-5:30	4:00-4:45 6:45-7:30	4:45-5:30	4:30-5:15	11:45-12:30
Blue Belt *	4:00-4:45 6:30-7:15	4:45-5:30	4:00-4:45 6:45-7:30	4:45-5:30	4:30-5:15	11:45-12:30
Brown-Black Belt all ages *	5:30-6:30	7:00-8:00	5:30-6:45	6:45-8:00	6:00-7:15	9:30-10:30
Adult Class	12:00-1:00 8:00-9:00	8:00-9:00	12:00-1:00 8:00-9:00	8:00-9:00	12:00-1:00 A-B class 6:00-7:15	9:30-10:30
BBM Class	7:30-8:00	5:30-6:15	7:30-8:00	5:30-6:00	4:00-4:30	
BBM Competition Class						12:30-1:15
BBM Tutorial	7:15-7:30					10:30-10:50
MMA Fitness	7:15-8:00pm dojo 2	8:00-10:00am	7:15-8:00pm dojo 2	8:00-10:00am	7:15-8:00pm Bootcamp	11:15-11:45am dojo 2
Yoga - pre-registration required		9:00-10:00am		9:00-10:00am		
Mommy & Me MMA Fitness		10:00-11:00am		10:00-11:00am		

Holiday Schedule - classes ADDED to regular schedule (summer & school breaks)	(A) Monday	(A) Tuesday	(B) Wednesday	(B) Thursday	(B) Friday	(A) Saturday
Junior Martial Arts		12:30-1:00				
White to Orange Belts *		11:00-11:45		11:00-11:45		
Green to Blue Belts *		11:45-12:30		11:45-12:30		
Brown - Black All Ages	11:00-12:00		11:00-12:00			
BBM Class				12:30-1:00		

* Represents family classes

View this schedule on line at teamSKS.ca