

# ENERGY MARTIAL ARTS ACADEMY

375 Kingston Road, Second Floor, (Pickering) (905) 250-4444

## PICKERING MARTIAL ARTS CLASS SCHEDULE

	10:00	4:00	4:45	5:30	6:15	7:00	7:45	8:30	9:15
Monday	Morning! Adult Beginner	C1: Youth Intermediate C2: Youth Advanced	Youth Beginner	<u>Black Belt Program</u> Youth Sparring & Weapons	Youth Intermediate	Youth Advanced	Adult Beginner	Adult Advanced	Adult Intermediate
Tuesday		Youth Beginner	Youth Intermediate	Youth Black Belt	C1: Youth Beginner C2: Adult Beginner	C1: Youth Advanced C2: Adult Sparring & Weapons	Adult Intermediate	Adult Beginner	Adult Black Belt
Wednesday	Morning! Adult Beginner	Youth Intermediate	Youth Beginner	Youth Advanced	Youth Intermediate	Youth Advanced	Adult Beginner	Adult Advanced	Adult Intermediate
Thursday		Youth Beginner	Youth Intermediate	Youth Black Belt	C1: Youth Beginner C2: Adult Beginner	Youth Advanced	Adult Intermediate	Adult Beginner	Adult Black Belt
Friday	Morning! Adult Beginner	Youth Advanced	Youth Beginner	<u>Black Belt Program</u> Youth Sparring & Weapons	Youth Open Practice	Youth Intermediate	Adult Beginner & Intermediate & Advanced	<b>Academy Hours</b> <b>Mon-Thurs</b> <b>2:00-10:00pm</b> <b>Friday 2:00-8:30pm</b> <b>Saturday 8am-5pm</b>  <b>Birthday Party Times</b> <b>12:30pm to 5:00pm</b> <b>Book yours today!</b>	
Saturday	8:00 am Black Belt Exam Prep	8:45 am Class 1 Youth Advanced Class 2 Youth Black Belt	9:30 am Adult Beginner	10:15am Youth Beginner	11:00am <u>Black Belt Program</u> Sparring & Weapons Youth & Adult	11:45am Youth Intermediate	12:30 Open Family Practice		

\*\*See Sparring and Weapons Schedules for more details. \*\*\*Ask your Instructor for more information on the Black Belt Program.

Please be advised: Schedule subject to change without notice.