



SUMMER Schedule

www.chusmartialarts.com (905) 886-4633

Starting July 4th to Sept 4th, 2017

MONDAY	TUESDAY SPARRING DAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-5:30PM TINY TIGERS	5:00-5:45PM CHILDREN ALL BELTS	5:00-5:45PM CHILDREN GREEN BELT & UP	5:00-5:30PM TINY TIGERS	5:00-6:30 H.P	9:00-10:30PM H.P	10:00-11:00AM MA FIT
5:30 - 6:15PM CHILDREN GREEN BELT & UP	6:00-7:30PM H.P	5:45-6:30PM CHILDREN WHITE-ORANGE	5:30-6:15PM CHILDREN GREEN BELT & UP	6:45-7:45PM MA FIT	11:00-11:30AM TINY TIGERS	11:15-1:00PM KUNG FU/ WING CHUN
5:30 - 6:15PM CHILDREN WHITE-ORANGE	7:30-8:30 PM YOUTH & ADULT TKD POOMSAE	6:00-7:00PM JIUJITSU	5:30-6:15PM CHILDREN WHITE-ORANGE	8:00-9:30PM BOXING	11:45-12:30PM CHILDREN'S ALL BELTS	1-2:30PM BOXING
6:15-7:15PM JIUJITSU	6-8PM M.A FIT WEIGHT TRAINING	7:00-8:15PM HP	6:30 -7:30 PM YOUTH & ADULT TKD ALL BELTS		12:45-1:45PM YOUTH/ADULT TKD	
6:30 - 7:30 YOUTH /ADULT TKD		6:45-7:45PM M.A FIT	KUNG FU/WING CHUN 7:30 - 9:00PM			
KUNG FU/WING CHUN 7:30 - 9:00PM		8:00-9:30PM BOXING				