



METRO PERFORMANCE TAEKWONDO STUDIO

www.metrotkdstudios.com

604.299.4590 / metrotkd@shaw.ca



Schedule effective Sept 1, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PRIVATE LESSONS - See below for lesson rates and packages *** By appointment only ***					Lil Ninjas All Levels 10 - 10:45am
Lil Ninjas White - Green 3:30 - 4:15pm	Lil Ninjas Blue Stripe - Black 3:30 - 4:15pm	Lil Ninjas White - Green 3:30 - 4:15pm	Lil Ninjas Blue Stripe - Black 3:30 - 4:15pm	Lil Ninjas All Levels 3:30 - 4:15pm	Junior Mixed All Levels 10:45 - 11:30am
Lil Ninjas Blue Stripe - Black 4:15 - 5pm	Lil Ninjas White - Green 4:15 - 5pm	Lil Ninjas Blue Stripe - Black 4:15 - 5pm	Lil Ninjas White - Green 4:15 - 5pm	Lil Ninjas All Levels 4:15 - 5pm	Childrens BJJ All Levels 11:30 - 12:15pm
Junior Int / Adv Blue Stripe - Black 5 - 5:45pm	Junior Beginner White - Green 5 - 5:45pm	Junior Int / Adv Blue Stripe - Black 5 - 5:45pm	Junior Beginner White - Green 5 - 5:45pm	Junior Int / Adv Blue stripe - Black 5 - 5:45pm	Adult BJJ All Levels 12:15 - 1pm
Junior Beginner White - Green 5:45 - 6:30pm	Junior Int / Adv Blue Stripe - Black 5:45 - 6:30pm	Junior Beginner White - Green 5:45 - 6:30pm	Junior Int / Adv Blue Stripe - Black 5:45 - 6:30pm	Junior All Levels Sparring 5:45 - 6:45pm	

Childrens BJJ 6:30 - 7:10pm	Junior Beginner 6:30 - 7:10pm	Lil Ninjas 6:30 - 7:10pm	Childrens BJJ 6:30 - 7:10pm	Adult BJJ 6:45pm - 7:45pm
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Teen / Adult Kickboxing 7:10 - 8pm	Teen / Adult Taekwondo All Levels 7:10 - 8pm	Teen / Adult Taekwondo All Levels 7:10 - 8pm	Teen / Adult Taekwondo All Levels 7:10 - 8pm
Adult BJJ All Levels 8:00 - 9pm	Adult Taekwondo 20+ All Levels 8:10 - 9pm	Adult BJJ All Levels 8:00 - 9pm	Adult Taekwondo 20+ All Levels 8:10 - 9pm

*** BJJ, Fitness Kickboxing and Sparring classes require personal equipment

*** Make up classes need to be scheduled in advance via email

*** Lesson rate are \$85 per hr / \$65 per 1/2 hr / 5 session packs \$300 (1/2 hr)

*** Lil Ninjas 4-7, Lil Ninjas Adv 8 - 12, Juniors 8 - 12, Teen / Adult 13 - 30

