



teamSKS.ca

519-821-5425

Schedule effective September, 2019

Regular Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Martial Arts	4:30-5:00	5:45-6:15	6:00-6:30	4:30-5:00	6:15-6:45	10:45-11:15
White Belt *	5:00-5:45	4:00-4:45 6:15-7:00	5:00-5:45	4:00-4:45 6:15-7:00	5:30-6:15	10:00-10:45
Yellow Belt *	5:00-5:45	4:00-4:45 6:15-7:00	5:00-5:45	4:00-4:45 6:15-7:00	5:30-6:15	10:00-10:45
Orange Belt *	5:00-5:45	4:00-4:45 6:15-7:00	5:00-5:45	4:00-4:45 6:15-7:00	5:30-6:15	10:00-10:45
Green Belt *	4:00-5:00 6:45-7:45	4:45-5:45	4:00-5:00 6:45-7:45	4:45-5:45	4:30-5:30	11:15-12:15
Green Advanced *	4:00-5:00 6:45-7:45	4:45-5:45	4:00-5:00 6:45-7:45	4:45-5:45	4:30-5:30	11:15-12:15
Purple Belt *	4:00-5:00 6:45-7:45	4:45-5:45	4:00-5:00 6:45-7:45	4:45-5:45	4:30-5:30	11:15-12:15
Blue Belt *	4:00-5:00 6:45-7:45	4:45-5:45	4:00-5:00 6:45-7:45	4:45-5:45	4:30-5:30	11:15-12:15
Brown-Black Belt *	5:45-6:45	7:00-8:00	5:45-6:45	7:00-8:00	6:15-7:15	9:00-10:00
Adult *	5:45-6:45	7:00-8:00	5:45-6:45	7:00-8:00	6:15-7:15	9:00-10:00
BBM Class	7:45-8:15	5:45-6:15	7:45-8:15	5:45-6:15	4:00-4:30	10:45-11:15
Elite Strike Team (EST)					7:15-8:00	
Stripe Catch Up / Review - ALL BELTS						10:45-11:15

Holiday Schedule - classes ADDED to regular schedule (summer & school breaks)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Martial Arts		1:00-1:30				
White to Orange Belts *		10:15-11:00		10:15-11:00		
Green to Blue Belts *		11:00-12:00		11:00-12:00		
Brown - Black All Ages		12:00-1:00		12:00-1:00		
Adult		12:00-1:00		12:00-1:00		
BBM Class				1:00-1:30		

* Represents family classes

View this schedule on line at teamSKS.ca