



teamSKS.ca

519-821-5425

Schedule effective July & August, 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 | |
| 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 | |
| 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 | |
| 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 | |
| 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 | |
| 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 | |
| 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 | |
| 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 | |
| Brown-Black Belt * | 5:45-6:45 | 7:00-8:00 | 5:45-6:45 | 7:00-8:00 | 6:15-7:15 | |
| Adult * | 5:45-6:45 | 7:00-8:00 | 5:45-6:45 | 7:00-8:00 | 6:15-7:15 | |
| BBM Class | 7:45-8:15 | 5:45-6:15 | 7:45-8:15 | 5:45-6:15 | 4:00-4:30 | |
| Elite Strike Team (EST) | | | | | 7:15-8:00 | |

Stripe Catch Up / Review - ALL BELTS

| 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