



teamSKS.ca

519-821-5425

REGULAR SCHEDULE ONLY - Tuesday's after a Monday Closure only - 12:00 pm Adult class.

**Schedule effective October 18, 2018**

Regular Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Martial Arts	4:00-4:30	5:45-6:15	6:00-6:30	4:00-4:30	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 Only Class	12:00-1:00	8:00-9:00	12:00-1:00	8:00-9:00		
Adult / Mixed Ages Class*	5:45-6:45		5:45-6:45		6:15-7:15	9:00-10:00
All Levels Review						12:15-12:45
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)					7:15-8:15	
MMA Fitness	7:15-8:15 pm Body Works Dojo 2		7:15-8:15 pm Body Works Dojo 2		7:15-8:15pm Boot Camp Dojo 2	9:00-10:00 am Dojo 2

Holiday Schedule - classes ADDED to regular schedule (summer & school breaks)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Martial Arts		12:45-1:15				
White to Orange Belts *		11:00-11:45		11:00-11:45		
Green to Blue Belts *		11:45-12:45		11:45-12:45		
Brown - Black All Ages	12:00-1:00		12:00-1:00			
BBM Class				12:45-1:15		

\* Represents family classes

View this schedule on line at [teamSKS.ca](http://teamSKS.ca)