

Monday	Tuesday	Wednesday	Thursday	Friday
After School Martial Arts Program 3:00 - 6:00	After School Martial Arts Program 3:00 - 6:00	After School Martial Arts Program 3:00 - 6:00	After School Martial Arts Program 3:00 - 6:00	After School Martial Arts Program 3:00 - 6:00
Little Red Stripes to Little Black Stripes Little Yellow & Green Stripes 5:30 - 6:15	Tiger Cubs 4-5 years old 5:30 - 6:15	Little Red Stripes to Little Black Stripes Little Yellow & Green Stripes 5:30 - 6:15	Tiger Cubs 4-5 years old 5:30 - 6:15	Little Red Stripes to Little Black Stripes Little Yellow & Green Stripes 5:30 - 6:15
Yellow-Green Stripe Green Belts & Blue Stripes 6:15 - 7:00	Young Tigers Beginners 6-8 years White to Little Blue Stripes 6:15 - 7:00	Yellow-Green Stripe Green Belts & Blue Stripes 6:15 - 7:00	Young Tigers Beginners 6-8 years White to Little Blue Stripes 6:15 - 7:00	Yellow-Green Stripe Green Belts & Blue Stripes 6:15 - 7:00
Blue Belts, Red Stripes Red Belts & Black Stripes 7:00 - 7:45	White, Yellow Stripes & Adv. Yellow Stripes Yellow & Green Stripes 9-12 years old Shadow Tigers 7:00 - 7:45	Blue Belts, Red Stripes Red Belts & Black Stripes 7:00 - 7:45	White, Yellow Stripes & Adv. Yellow Stripes Yellow & Green Stripes 9-12 years old Shadow Tigers 7:00 - 7:45	Blue Belts, Red Stripes Red Belts & Black Stripes 7:00 - 7:45
Black Belts 7:00 - 8:00	Black Belts 7:00 - 8:00	Black Belts 7:00 - 8:00	Black Belts 7:00 - 8:00	Black Belts 7:00 - 8:00
Adult TKD 8:00 - 9:00 Drills Class	Adult TKD 8:00 - 9:00 Sparring Class	Adult TKD 8:00 - 9:00 Patterns Class	Adult TKD 8:00 - 9:00 Conditioning Class	
Woman's Kickboxing 8:00 - 9:00		Woman's Kickboxing 8:00 - 9:00		

(905) 820-9355

Saturday
9:30 - 10:15 Green Belt & Up
9:30 - 10:15 Yellow & Green Stripe
10:15 - 11:00 Young Tigers & Shadow Tigers Beginners White Belt to Adv. Yellow Stripe
11:00 - 11:45 Tiger Cubs