



Edmonton Class Schedule

September 1, 2017 - June 30, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 - 5:30 PM <i>Active Start</i> Ages 3 - 5	5:00 - 5:30 PM <i>Active Start</i> Ages 3 - 5	5:00 - 5:30 PM <i>Active Start</i> Ages 3 - 5	5:00 - 5:30 PM <i>Active Start</i> Ages 3 - 5	5:00 - 5:30 PM <i>Active Start</i> Ages 3 - 5
5:30 - 6:30 PM <i>FUNdamentals</i> Ages 6 - 9	5:30 - 6:30 PM <i>FUNdamentals</i> Ages 6 - 9	5:30 - 6:30 PM <i>FUNdamentals</i> Ages 6 - 9	5:30 - 6:30 PM <i>FUNdamentals</i> Ages 6 - 9	5:30 - 6:30 PM Ages 6 - 9 Ages 10 - 12 Ages 13 - 16 and 16+
6:30 - 7:30 PM <i>Learning To Train</i> Ages 10 - 12	6:30 - 7:30 PM <i>Learning To Train</i> Ages 10 - 12	6:30 - 7:30 PM <i>Learning To Train</i> Ages 10 - 12	6:30 - 7:30 PM <i>Learning To Train</i> Ages 10 - 12	6:30 - 8:00 PM <i>Black Stripe and Black Belt</i> All Ages
5:30 - 6:30 PM <i>Training to Train / Active for Life</i> Ages 13 - 16 and 16+	5:30 - 6:30 PM <i>Training to Train / Active for Life</i> Ages 13 - 16 and 16+	5:30 - 6:30 PM <i>Training to Train / Active for Life</i> Ages 13 - 16 and 16+	5:30 - 6:30 PM <i>Training to Train / Active for Life</i> Ages 13 - 16 and 16+	
6:30 - 7:30 PM <i>Active for Life</i> Ages 16+	6:30 - 7:30 PM <i>Active for Life</i> Ages 16+	6:30 - 7:30 PM <i>Active for Life</i> Ages 16+	6:30 - 7:30 PM <i>Active for Life</i> Ages 16+	
6:30 - 8:30 PM <i>Train to Compete & Win</i> Competitive 16+	6:30 - 8:30 PM <i>Train to Compete & Win</i> Competitive 16+		6:30 - 8:30 PM <i>Train to Compete & Win</i> Competitive 16+	

Saturday Classes:

- 10:00 AM - 11:00 AM (Testing Practice - All Ages & Belt Levels)
- 10:00 AM - 11:00 AM (Paralympic Sports Association Class)
- 11:00 AM - 1:00 PM (Sparring Class)