



## Edmonton Class Schedule

September 1, 2020 - August 31, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5:30 - 6:20 PM</b> Ages 5 - 9 Ages 10 - 12	<b>5:30 - 6:20 PM</b> Family Class All Ages	<b>5:30 - 6:20 PM</b> Ages 5 - 9 Ages 10 - 12	<b>5:30 - 6:20 PM</b> Family Class All Ages	<b>5:30 - 6:20 PM</b> Ages 5 - 9 Ages 10 - 12
<b>6:30 - 7:30 PM</b> Ages 10 - 12 Ages 13 - 16 and 16+	<b>6:30 - 7:30 PM</b> Conditioning Class Ages 13+	<b>6:30 - 7:30 PM</b> Ages 10 - 12 Ages 13 - 16 and 16+	<b>6:30 - 7:30 PM</b> Conditioning Class Ages 13+	<b>6:30 - 7:30 PM</b> Ages 10 - 12 Ages 13 - 16 and 16+
<b>6:30 - 8:00 PM</b> Train to Compete & Win Competitive 16+	<b>6:30 - 8:00 PM</b> Train to Compete & Win Competitive 16+		<b>6:30 - 8:00 PM</b> Train to Compete & Win Competitive 16+	

### Saturday Classes:

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