

WEEKLY FALL SCHEDULE

(905) 818 - 1312 www.teamelitemartialarts.com

TEAM ELITE MARTIAL ARTS

PLEASE BOOK ONLINE TO REGISTER FOR CLASSES.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM							BOOT CAMP HIIT
9:00 AM							NOVICE KARATE GROUP 2
3:00 PM		AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	
5:00 PM			NOVICE KARATE GROUP 2		NOVICE KARATE GROUP 2		
5:25 PM		LITTLE DRAGON'S		LITTLE DRAGON'S			
6:00 PM		NOVICE KARATE GROUP 1	COMPETITION KATA	NOVICE KARATE GROUP 1	NOVICE KARATE GROUP 1	SPARRING - 12 YRS	
7:00 PM		INTERMEDIATE KARATE	COMPETITION SPARRING	INTERMEDIATE KARATE	INTERMEDIATE KARATE	SPARRING - 17 YRS	
8:00 PM		CARDIO KICKBOXING	CO-ED KICKBOXING	CARDIO KICKBOXING	CARDIO KICKBOXING	CO-ED KICKBOXING	
9:00 PM		CO-ED KICKBOXING	ADULT KARATE BASICS	ADULT KARATE KATA	ADULT KARATE SELF DEFENSE	SPARRING ADULT	

LITTLE DRAGONS
3 - 6 YEAR OLD

NOVICE
WHITE / YELLOW

INTERMEDIATE
ORANGE / GREEN

ADVANCED
BLUE / BROWN / BB

ADULT
14 YRS +

INFO

School will be sanitized between each session, this includes cleaning floors, wiping ledges and cleaning bathrooms.

Mats will be provided for outdoor training.

Students are recommended to wear masks but it is not a requirement during session time. (Everyone MUST wear a mask upon entry and exit of the school)

Any spectator must wear a mask throughout the session.

TO DO

Ensure that you are registered and scheduled for class.

Drop In options are available as long as pre approved by head instructor.

Must have a MASK to enter and exit the School.

If you are participating in classes, be sure to have a Uniform or comfortable clothing, a spill proof water bottle.