WINTER 2021 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM						KIDS & YOUTH 9-9:45 AM	
9:30 AM							
10:00 AM						JR & TEENS 9:45-10:30 AM	
10:30 AM						STRIKE 10:30-11 AM	
11:00 AM						LvL 3 11-11:45 AM / LvL 2 11-11:45 AM	
11:30 AM							
12:00 PM				ALL Levels 12-12:45 PM		Fundamentals 11:45-12:30 PM / LvL 1 11:45-12:30 PM	
12:30 PM						Shuaijiao 12:30-1:15 PM	
1:00 PM							
1:30 PM							
2:00 PM							
4:30 PM							
5:00 PM		KIDS & YOUTH 5-5:45 PM	JR & TEENS 5-5:45 PM	KIDS & YOUTH 5-5:30 PM			
5:30 PM	All Levels 5:45-6:15 PM / LvL 1 5:45-6:30 PM	Fundamentals 5:45-6:30 PM / LvL 1 5:45-6:30 PM		All Levels 5:45-6:15 PM / LvL 3 5:45-6:30 PM			
6:00 PM			STRIKE 6-6:30 PM				
6:30 PM	STRIKE 6:30-7 PM	LvL 2 6:30-7:15 PM	LvL 2 6:30-7:15 PM	STRIKE 6:30-7 PM			
7:00 PM		LvL 3 7:15-8:00 PM	Fundamentals 7:15-8:00 PM				
7:30 PM							
8:00 PM							
8:30 PM							

In-person classes.
RSVP Recommended

Online Zoom Class

Live Stream of In-person Class

No Drop ins for first visits for In-person training.
All participants are recommended to RSVP for their spot in class.

ALL Levels
Open to all participants

Fundamentals
Beginners

LvL 1
Currently holds Ranks P1 & P2

LvL 2
Currently holds Ranks P3 - P5

LvL 3
Graduate & Expert level students

Strike Class
LvL 1 students and above

Masks are required while in the facility & training.

Partnering/Pairing at your own discretion.

Community Gloves & Shin Guards are no longer available.