

effective: September 6th - June 29th, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00-10:00 AM X-Fit*		9:00-10:00 AM X-Fit*	9:00-10:00 AM X-Fit*	9:00-9:45 SWAT
	10:00-11:00 Adults - All Ranks		10:00-11:00 Adults - All Ranks		
3:30-4:15 Basic (beginners) <i>White-Yellow</i>	3:30-4:15 Black Belt Club <i>Camo-Blue</i>	3:30-4:15 Basic (beginners) <i>White-Yellow</i>	3:30-4:15 Black Belt Club <i>Camo-Blue</i>	3:30-4:00 Tigers <i>Camo-Blue</i>	9:45-10:30 White-Green
4:15-5:00 Black Belt Club <i>Camo to Blue</i>	4:15-5:15 Masters Club <i>Brown & Red</i>	4:15-5:00 Black Belt Club <i>Camo to Blue</i>	4:15-5:15 Masters Club <i>Brown & Red</i>	4:00-4:45 Jr. Leadership	10:30-11:15 Blue-1BR
5:00-6:00 Masters Club <i>Brown & Red</i>	5:15-6:15 Black Belts <i>All Ages</i>	5:00-6:00 Masters Club <i>Brown & Red</i>	5:15-6:15 Black Belts <i>All Ages</i>	4:45-5:30 Sparring <i>Ages 12 & under</i>	11:15-12:00 Family Class <i>All Ranks</i>
6:00-7:00 Black Belts <i>All ages</i>	6:15-7:00/6:15-7:15 Basic (beginners) BJJ (14 & under)	6:00-7:00 Black Belts <i>All ages</i>	6:15-7:00/6:15-7:00 Basic (beginners) BJJ (14 & under)	5:30-6:15 Black Belt Open Training	
7:00-8:00 Colour Belts <i>Adults 15+</i>	7:15-8:00 Leadership <i>Age 15+</i>	7:00-8:00 Colour Belts <i>Adults 15+</i>	7:00-8:00 Warrior X-Fit*	6:15-7:15 BJJ/Sparring <i>BJJ Rolling: 1st & 3rd Sparring: 2nd & 4th</i>	
8:00-9:00 Warrior X-Fit*	8:00-9:00 Black Belts <i>Age 15+</i>	8:00-9:00 Warrior X-Fit*	8:00-9:00 Black Belts <i>Age 15 +</i>		
	9:00-10:00 BJJ	9:00-10:00 A-Team - 1st & 3rd DELTA - 2nd & 4th	9:00-10:00 BJJ		

Please note: *X-Fit \$6 + HST for drop in or a card of 10 classes for \$50

TKD/BJJ students may opt for a charge of \$30/month for either unlimited evening X-Fit classes or morning X-Fit classes