

**MONDAY TO FRIDAY**

**MONDAY**

**Tiny Tigers**

4:00 – 4:25pm

3–4 yrs

**TINY TIGERS**

**Tigers / Kids Martial Arts**

4:30 – 5:10pm

5–8 yrs

**TIGERS**

**Youth Taekwondo**

5:15 – 6:00pm

9–13 yrs

**TAEKWONDO**

**Youth Brazilian JiuJitsu**

6:05 – 6:55pm

9–13 yrs

**EPIC BJJ**

**TUESDAY**

**Tigers / Kids Martial Arts**

4:30 – 5:10pm

5–8 yrs

**TIGERS**

**Youth Self-Defence**

5:15 – 6:00pm

9–13 yrs · Hapkido Moomookwan

**HAPKIDO**

**WEDNESDAY**

**Tigers / Kids Martial Arts**

4:30 – 5:10pm

5–8 yrs

**TIGERS**

**Youth Taekwondo**

5:15 – 6:00pm

9–13 yrs

**TAEKWONDO**

**Youth Brazilian JiuJitsu**

6:05 – 6:55pm

9–13 yrs

**EPIC BJJ**

**THURSDAY**

**Tigers / Kids Martial Arts**

4:30 – 5:10pm

5–8 yrs

**TIGERS**

**Youth Self-Defence**

5:15 – 6:00pm

9–13 yrs · Hapkido Moomookwan

**HAPKIDO**

*No classes*

**FRIDAY**

**SATURDAY**

**Tiny Tigers**

8:15 – 8:40am

3–4 yrs

**TINY TIGERS**

**Tigers / Kids Martial Arts**

8:45 – 9:25am

5–8 yrs

**TIGERS**

**Youth Self-Defence**

9:30 – 10:15am

9–13 yrs · Hapkido Moomookwan

**HAPKIDO**

**Youth Kummooyeh**

10:20 – 11:05am

9–13 yrs

**KUMMOOYEH**

**Taekwondo**

11:10am – 12:00pm

Kids 7+ & Adults

**TAEKWONDO**