



BLACK BELT WORLD C A N A D A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Tiny Tigers (Ages 3-5) 5:30-6:00pm		Tiny Tigers (Ages 3-5) 5:30-6:00pm		Tigers/Juniors 10:30-11:00am
Juniors (Ages 6-12) 6:00-6:40pm	Juniors (Ages 6-12) 6:00-6:40pm	Juniors (Ages 6-12) 6:00-6:40pm	Juniors (Ages 6-12) 6:00-6:40pm	All Ages/Belts 6:00-6:40pm	Family (5+) 11:00-11:40am
Weapons 6:40-7:10pm	Sparring 6:40-7:10pm	Family (5+) 6:40-7:10pm	Conditioning/Stretching (Ages 6+) 6:40-7:10pm	Weapons 6:40-7:10pm	Poomsae 11:40-12:10pm
Adults (13+) 7:10-8:00pm	Adults (13+) 7:10-8:00pm	Adults (13+) 7:10-8:00pm	Adults (13+) 7:10-8:00pm	Black Belts 7:10-7:40pm	HPAC Sparring 12:10-2:00pm
	HPAC Sparring 8:00-9:00pm		HPAC Nationals Prep 8:00-9:00pm	Black Belt Sparring 7:40-8:40pm	

*Schedule will be effective as of Monday, January 8th, 2018.

*You must be in the Sparring or Black Belt Program to take part in Sparring or Weapons program. You must be in HPAC Sparring to attend HPAC classes. Please speak to the office if you wish to upgrade.

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