

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>10:00</b> Children Adv Brown Belts		<b>10:00</b> Children Brown & Adv Brown			<b>10:00 - 10:30</b> Children Novice/BBM
<b>4:00-4:30</b> Children Novice/BBM	<b>4:00-4:30</b> Junior Masters Brown & Up	<b>4:00-4:30</b> Junior Pre/Masters	<b>4:00-4:30</b> Junior Pre/Masters	<b>4:00-4:30</b> Children Novice/BBM	<b>10:45 - 11:15</b> Junior Pre/Masters
<b>4:45 - 5:15</b> Junior Pre/Masters	<b>4:45 - 5:15</b> Children BBM	<b>4:45 - 5:15</b> Children BBM	<b>4:45 - 5:15</b> Children BBM	<b>4:45 - 5:15</b> Junior Pre/Masters	<b>11:30 - 12:15</b> Adult All Belts
<b>5:30 - 6:00</b> Junior Masters Brown & Up	<b>5:30 - 6:00</b> Junior Pre/Masters	<b>5:30 - 6:00</b> Children White-Yellow	<b>5:30 - 6:00</b> Children Novice/BBM	<b>5:30 - 6:00</b> Children BBM	
<b>6:15 - 6:45</b> Children Novice/BBM	<b>6:15 - 6:45</b> Children Novice/BBM	<b>6:15 - 6:45</b> Junior Pre/Masters	<b>6:15 - 6:45</b> Junior Pre/Masters	<b>6:15 - 7:00</b> Adults All Belts	
<b>7:00-7:45</b> Adults All Belts	<b>7:00-7:45</b> Adults All Belts	<b>7:00-7:45</b> Adults All Belts	<b>7:00-7:45</b> Adults All Belts		
<b>8:00-8:45</b> Black Belts	<b>8:00-8:45</b> Black Belts	<b>8:00-8:45</b> Black Belts	<b>8:00-8:45</b> Brown & Black Belts		

**Novice**= White belt Beginner    **BBM** = Yellow belt & above in Intermediate membership

**Pre/Mas** = Purple & above in Advanced Level

#### **BASIC RULES and ETIQUETTE:**

1. Attend min. 2 classes per week and practice for regular promotion.
2. Arrive 5-10 min. prior to your class, and quietly remain in the gallery on designated spot until invited in the floor
3. Remove your shoes upon entering the school and place them in the storage provided.
4. Ensure your temperature is taken upon entry and the series of health questions are asked in the gallery
5. Santize hands thoroughly & avoid touching face
6. Wash uniforms after each training day
7. For safety, all parents/guests are to wait outside facility
8. For safety purposes, all jewellery should be removed while training.
9. Water bottles in training square only
10. Washrooms are for emergencies only