

ENERGY MARTIAL ARTS ACADEMY

375 Kingston Road, Second Floor, (Pickering) (905) 250-4444

PICKERING MARTIAL ARTS CLASS SCHEDULE

	Morning Class	4:00	5:00	6:00	7:00	8:00	9:00
Monday		Youth Intermediate	Youth Beginner	Youth Advanced	<u>Black Belt Program</u> Youth & Adult Weapons*	C1: Adult Intermediate C2: Adult Beginner	
Tuesday		Youth Beginner	Youth Intermediate	Youth Black Belt	C1: Adult Beginner C2: Youth Beginner	Adult Advanced	Adult Black Belt
Wednesday	Adult Beginner** 9:30 am Held at Pickering	Youth Intermediate	Youth Beginner	Youth Advanced	C1: Youth Advanced C2: <u>BBP</u> Youth & Adult Weapons*	C1: Adult Intermediate C2: Adult Beginner	
Thursday		Youth Beginner	Youth Intermediate	Youth Black Belt	C1: Adult Beginner C2: Youth Beginner	Adult Advanced	Adult Black Belt
Friday	Adult Beginner** 9:30 am Held at Pickering	Youth Advanced	Youth Beginner	Youth Advanced	C1: Adult All Levels** C2: Youth Intermediate		
Saturday		8:00am	9:00am	10:00am	11:00am	Martial Arts Birthday Party! Party Start Times 12:30pm & 3:00pm Book yours today!	
		Black Belt Exam Prep	Class 1 Youth Advanced	Class 1 Adult Beginner	C1: Youth Beginner		
			Class 2 Youth Black Belt	Class 2 Youth Intermediate	C2: <u>BBP</u> Youth & Adult Weapons*		

*See Weapons Schedules for more details. Ask your Instructor for more information on the Black Belt Program!

**Adult All Levels welcome, but please be advised that the most progress is made by attending your own level class

***Please be advised: Schedule subject to change without notice.