

# ENERGY MARTIAL ARTS ACADEMY

5550 Lawrence Avenue East, (Scarborough) (416) 286-1600

## SCARBOROUGH MARTIAL ARTS CLASS SCHEDULE

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

\*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.