

# ENERGY MARTIAL ARTS ACADEMY

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

## PICKERING MARTIAL ARTS CLASS SCHEDULE

	10:00	4:00	4:45	5:30	6:15	7:00	7:45	8:30
Monday		C1: Youth Intermediate	Youth Beginner	<u>Black Belt Program</u> Youth Sparring & Weapons	Youth Intermediate	Youth Advanced	Adult Beginner	Adult Advanced
		C2: Youth Advanced						
Tuesday		Youth Beginner	Youth Intermediate	Youth Black Belt	C1: Youth Beginner	C1: Youth Advanced	Adult Intermediate	Adult Black Belt
					C2: Adult Beginner	C2: Adult Sparring & Weapons		
Wednesday	Morning! Adult Beginner	Youth Intermediate	Youth Beginner	<u>Black Belt Program</u> Youth Sparring & Weapons	Youth Intermediate	Youth Advanced	Adult Beginner	Adult Advanced
Thursday		Youth Beginner	Youth Intermediate	Youth Black Belt	C1: Youth Beginner	C1: Youth Advanced	Adult Intermediate	Adult Black Belt
					C2: Adult Beginner	C2: Adult Sparring & Weapons		
Friday	Morning! Adult Beginner	Youth Advanced	Youth Beginner	Youth Intermediate	Adult All Levels	<b>Academy Hours</b> <b>Mon-Thurs 2:00-9:15pm</b> <b>Friday 2:00-7:00pm</b> <b>Saturday 8am-12:30pm</b>  <b>Birthday Party Times</b> <b>12:30pm to 5:00pm</b> <b>Book yours today!</b>		
Saturday	8:00 am Black Belt Exam Prep	8:45 am Class 1 Youth Advanced	9:30 am Adult Beginner	10:15am Youth Beginner	11:00am <u>Black Belt Program</u> Sparring & Weapons Youth & Adult			

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

Please be advised: Schedule subject to change without notice.