

Energy Martial Arts® Academy

Family Martial Arts Centres

Pickering Academy
375 Kingston Road
905-250-4444

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Beginner	4:45-5:30 5:30-6:15 6:15-7:00	4:00-4:45 6:15-7:00	4:45-5:30 5:30-6:15 6:15-7:00	4:00-4:45 6:15-7:00	4:45-5:30	10:15-11:00
Youth Intermediate	4:00-4:45 6:15-7:00	4:45-5:30	4:00-4:45 6:15-7:00	4:45-5:30	5:30-6:15	11:45-12:30
Youth Advanced	4:00-4:45 7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45	4:00-4:45	8:45-9:30
Youth Black Belt	-----	5:30-6:15	-----	5:30-6:15	-----	-----
<u>Black Belt Program</u> <u>Sparring & Weapons</u>	-----	7:00-7:45 Teen & Adult BBP	5:30-6:15 Youth BBP	-----	-----	11:00-11:45 Youth & Teen & Adult BBP
Adult & Teen Beginner	7:45-8:30	6:15-7:00	7:45-8:30	6:15-7:00	6:15-7:00	9:30-10:15
Adult & Teen Intermediate	-----	7:45-8:30	10:00 am at Scarb (until May 1)	7:45-8:30	10:00 am at Scarb (until May 1) 6:15-7:00	-----
Adult & Teen Advanced	8:30-9:15	-----	10:00 am at Scarb (until May 1) 8:30-9:15	-----	10:00 am at Scarb (until May 1) 6:15-7:00	-----
Adult & Teen Black Belt	-----	8:30-9:30	-----	8:30-9:30	6:15-7:00	-----

Please be advised: Schedule subject to change without notice.

Effective Jan 16, 2023

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Students are expected to:

1. Arrive 10 – 15 minutes prior to scheduled class.
2. Keep uniforms neat, clean, and odor-free.
3. Keep feet clean and lint free prior to entering training floor.
4. Quietly prepare for class (do not disturb the class in session).
5. Always show respect to instructors and students.
6. Always be well-mannered, and behave properly.
7. Attend class on a regular and consistent basis.
8. Make arrangements with instructors for make-up classes.
9. Show proper effort and spirit in the classroom.
10. Practice and exercise at home for better results.
11. Memorize and apply Student Creed.
12. Develop and maintain a positive well-disciplined attitude.