



## BARRHAVEN LOCATION SCHEDULE – MARTIAL ARTS

▼	MON	TUE	WED	THU	FRI	SAT
---	-----	-----	-----	-----	-----	-----

MORNING						8:00 <sup>am</sup> -9:00 <sup>am</sup> OPEN CLASS
						9:15 <sup>am</sup> -10:00 <sup>am</sup> CLASS ADULTS Master's Program & BBM*
						10:15 <sup>am</sup> -11:00 <sup>am</sup> Little Dragons
						11:00 <sup>am</sup> -11:45 <sup>am</sup> CLASS KIDS All Belts
						11:45 <sup>am</sup> -12:30 <sup>pm</sup> CLASS ADULTS All Belts

EVENING		5:45 <sup>pm</sup> -6:30 <sup>pm</sup> CLASS KIDS Green-Black Belts		5:45 <sup>pm</sup> -6:30 <sup>pm</sup> CLASS KIDS White-Orange Belts	5:45 <sup>pm</sup> -6:30 <sup>pm</sup> CLASS KIDS White-Orange Belts	
		6:30 <sup>pm</sup> -7:15 <sup>pm</sup> CLASS KIDS White-Orange Belts		6:30 <sup>pm</sup> -7:15 <sup>pm</sup> CLASS KIDS Green-Black Belts	6:30 <sup>pm</sup> -7:15 <sup>pm</sup> CLASS KIDS Green-Brown Belts	
	7:00 <sup>pm</sup> -7:45 <sup>pm</sup> CLASS ADULTS All Belts	7:15 <sup>pm</sup> -8:00 <sup>pm</sup> CLASS ADULTS All Belts	7:15 <sup>pm</sup> -8:00 <sup>pm</sup> CLASS ADULTS BBM	7:15 <sup>pm</sup> -8:00 <sup>pm</sup> CLASS ADULTS All Belts	7:15 <sup>pm</sup> -8:00 <sup>pm</sup> CLASS KIDS Master's Program	
	7:45 <sup>pm</sup> -8:30 <sup>pm</sup> CLASS ADULTS Master's Program	8:00 <sup>pm</sup> -8:45 <sup>pm</sup> CLASS ADULTS Master's Program		8:00 <sup>pm</sup> -8:45 <sup>pm</sup> CLASS ADULTS Master's Program		

\*No Gi Required

All Students are required to wear a full Gi to all classes except for designated classes.

Sparring gear is required for all students Orange belt and higher and should be brought to every class (except Friday & Saturday)

**Open Classes** are available to all students for their own practice.

**Barrhaven Location:** 613.825.0498 -- 3023 Cedarview Road, Ottawa Ontario, K2J 4A8 // **Effective: September 19<sup>th</sup>, 2011**

**Studio Hours:** Mon, Tues & Thurs 6:00<sup>am</sup>-9:00<sup>pm</sup> // Wed & Fri 6:00<sup>am</sup>-8:00<sup>pm</sup> // Sat 7:00<sup>am</sup>-12:30<sup>pm</sup> // Sun 8:00<sup>am</sup>-9:00<sup>am</sup>

**LIVE LEAN LIVE FIT LIVE WELL**