

TEAM ELITE MARTIAL ARTS

(365) 356 - 8362

www.teamelitemartialarts.com

3-53 King Street East Stoney Creek Ontario L8G 1J9

2025 COURSE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:15 - 5:00 STRENGTH & CONDITIONING CLASS		4:15 - 5:00 STRENGTH & CONDITIONING CLASS		
4:45 - 5:30 STRENGTH & CONDITIONING CLASS	5:00 - 5:30 LITTLE DRAGONS	4:45 - 5:30 STRENGTH & CONDITIONING CLASS	5:00 - 5:30 LITTLE DRAGONS	4:45 - 5:30 STRENGTH & CONDITIONING CLASS	9:15 - 10:00 STRENGTH & CONDITIONING CLASS
5:30 - 6:15 Group 1 WHITE BELT BASICS/KATA	5:30 - 6:15 Group 2 WHITE BELT BASICS/KATA	5:30 - 6:15 Group 1 WHITE BELT SELF DEFENSE	5:30 - 6:15 Group 2 WHITE BELT SELF DEFENSE	5:30 - 6:15 Group 1 & 2 WHITE BELT SPARRING	10:00 - 10:30 LITTLE DRAGONS
6:15 - 7:00 Group 1 & 2 WHITE BELT SPARRING DRILLS	6:15 - 7:00 YELLOW ORGANGE GREEN BASICS/KATA	6:15 - 7:00 YELLOW ORGANGE GREEN SPARRING DRILLS	6:15 - 7:00 YELLOW ORGANGE GREEN SELF DEFENSE	6:15 - 7:00 YELLOW ORGANGE GREEN SPARRING	10:30 - 11:15 ALL BELTS OPEN KATA/BASICS
	7:00 - 7:45 BLUE, BROWN BLACK BASICS/KATA	7:00 - 7:45 BLUE, BROWN BLACK SPARRING	7:00 - 7:45 BLUE, BROWN BLACK SELF DEFENSE	7:00 - 7:45 BLUE, BROWN BLACK SPARRING	11:15 - 12:00 ALL BELTS OPEN SELF DEFENSE
	7:45 - 8:30 ADULT BASICS/KATA	7:45 - 8:30 ADULT SPARRING	7:45 - 8:30 ADULT SELF DEFENSE	7:45 - 8:30 ADULT SPARRING	12:00 - 1:30 COMPETITION TEAM
	8:30 - 9:15 STRENGTH & CONDITIONING CLASS	8:30 - 9:15 STRENGTH & CONDITIONING CLASS	8:30 - 9:15 STRENGTH & CONDITIONING CLASS	8:30 - 9:15 STRENGTH & CONDITIONING CLASS	

During the training hours All instructors will be unavailable for questions.

All questions are encourage to be directed via email or after class sessions.

Uniforms must be clean and tidy and all parts present to enter class.

All registered members must be in full uniform for class

If you are participating in classes, be sure to have a Uniform or comfortable clothing, a spill proof water bottle.

If you are late for class, please enter the mats quietly and sit at the back of class.

NOVICE RANKS
WHITE BELT - YELLOW BELT

INTERMEDIATE RANKS
ORANGE - GREEN BELT

ADVANCED RANKS
BLUE BELT - BROWN BELT - BLACK BELT