

WEEKLY SCHOOL YEAR SCHEDULE

TEAM ELITE MARTIAL ARTS

(905) 818 - 1312

www.teamelitemartialarts.com

9 LYNBROOK DRIVE HAMILTON ONTARIO L9C 2K6

PLEASE VISIT ONLINE TO REGISTER FOR CLASSES.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 PM		LITTLE DRAGON'S		LITTLE DRAGON'S	NOVICE KARATE SELF DEFENSE		
6:30 PM		NOVICE KARATE BASICS		NOVICE KARATE BASICS	OPEN SPARRING		
7:10 PM		ADVANCED KARATE BASICS		ADVANCED KARATE KATA	ADVANCED KARATE SELF DEFENSE		
8:00 PM		COMPETITION SPARRING		COMPETITION KATA	COMPETITION SPARRING		

NOVICE RANKS
WHITE BELT - YELLOW BELT - ORANGE BELT

ADVANCED RANKS
GREEN BELT - BLUE BELT - BROWN BELT - BLACK BELT - ALL ADULTS

INFO

Doors will open at 5:45pm and Class sessions will begin at 6pm sharp.

All Classes will overlap 10 to 15 minutes.

During the hours of 6:00pm to 8:00pm 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.

TO DO

All registered members must be in full uniform for class

Drop In options are available as long as pre approved by head instructor.

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 gym quietly and sit at the back.