

TEAM ELITE MARTIAL ARTS

(365) 356 - 8362

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

2026 COURSE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4:30 - 5:15 STRENGTH & CONDITIONING CLASS		4:30 - 5:15 STRENGTH & CONDITIONING CLASS	
5:00 - 5:45 STRENGTH & CONDITIONING CLASS	5:15 - 5:45 LITTLE DRAGONS KATA	5:00 - 5:45 STRENGTH & CONDITIONING CLASS	5:15 - 5:45 LITTLE DRAGONS SELF DEFENSE	5:15 - 5:45 LITTLE DRAGONS SPARRING
5:45 - 6:15 Group 1 WHITE BELT BASICS	5:45 - 6:30 Group 1 WHITE BELT KATA	5:45 - 6:15 Group 1 WHITE BELT SELF DEFENSE	5:45 - 6:45 Group 1 & 2 WHITE BELT SPARRING	5:45 - 6:30 COMPETITION KATA
6:15 - 6:45 Group 2 WHITE BELT BASICS	6:30 - 7:15 Group 2 WHITE BELT KATA	6:15 - 6:45 Group 2 WHITE BELT SELF DEFENSE	5:45 - 6:45 Group 1 & 2 WHITE BELT SPARRING	6:30 - 7:15 COMPETITION WEAPONS
6:45 - 7:15 YELLOW ORGANGE GREEN BASICS	7:15 - 8:00 YELLOW ORGANGE GREEN KATA	6:45 - 7:15 YELLOW ORGANGE GREEN SELF DEFENSE	6:45 - 7:45 YELLOW ORGANGE GREEN SPARRING	7:15 - 8:00 COMPETITION SPARRING
7:15 - 8:00 BLUE, BROWN, BB & ADULT BASICS	8:00 - 8:45 BLUE, BROWN, BB & ADULT KATA	7:15 - 8:00 BLUE, BROWN, BB & ADULT SELF DEFENSE	7:45 - 8:45 BLUE, BROWN, BB & ADULT SPARRING	8:00 - 8:45 CARDIO KICKBOXING
8:00 - 8:45 CARDIO KICKBOXING		8:00 - 8:45 CARDIO KICKBOXING	The last Wednesday of each month all classes will be cancelled to observe Gradings	

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

All registered members must be in full uniform for class

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

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

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

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