

# WEEKLY SCHEDULE

(905) 818 - 1312

[www.teamelitemartialarts.com](http://www.teamelitemartialarts.com)

# TEAM ELITE MARTIAL ARTS

VISIT US IN PERSON AT 1047 BARTON ST E HAMILTON ONTARIO L8L 3E2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:45 PM		CARDIO KICKBOXING	CARDIO KICKBOXING	CARDIO KICKBOXING	CARDIO KICKBOXING	CARDIO KICKBOXING	
5:30 PM		LITTLE DRAGON'S	LITTLE DRAGON'S	LITTLE DRAGON'S	LITTLE DRAGON'S		
6:00 PM		NOVICE KARATE BASICS/KATA	COMPETITION KATA	NOVICE KARATE SELF DEFENSE	NOVICE KARATE SPARRING	COMPETITION KATA	
7:00 PM		INTERMEDIATE KARATE BASICS/KATA	COMPETITION SPARRING	INTERMEDIATE KARATE SELF DEFENSE	INTERMEDIATE SPARRING	COMPETITION SPARRING	
8:00 PM		CARDIO KICKBOXING	ADVANCED KARATE BASICS/KATA	CARDIO KICKBOXING	ADVANCED KARATE SELF DEFENSE	CARDIO KICKBOXING	
9:00 PM		ADULT KARATE BASICS/KATA	CARDIO KICKBOXING	ADULT KARATE SELF DEFENSE	CARDIO KICKBOXING	ADULT KARATE SPARRING	

	LITTLE DRAGONS 3 - 6 YEAR OLD	NOVICE WHITE / YELLOW	INTERMEDIATE ORANGE / GREEN	ADVANCED BLUE / BROWN / BB	ADULT 14 YRS +	
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## INFO

School will be sanitized routinely. This includes cleaning floors, wiping ledges and cleaning bathrooms.

Mats will be provided for outdoor training.

## TO DO

Ensure that your questions are directed to the the instructor in between classes

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.