

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

<p>Day 1 are Odd Dates Day 2 are Even Dates (ex. Sept 12 is Day 2)</p>	<p>5:00 - 5:45 STRENGTH & CONDITIONING</p>	<p>5:00 - 5:45 STRENGTH & CONDITIONING</p>
	<p>5:45 - 6:15 LITTLE DRAGONS ALL BELTS</p>	<p>5:45 - 6:15 LITTLE DRAGONS ALL BELTS</p>
	<p>6:15 - 6:45 BASICS Day 1/ SELF DEFENSE Day 2 ALL BELTS</p>	<p>6:15 - 6:45 BASICS Day 1/ SELF DEFENSE Day 2 ALL BELTS</p>
	<p>6:45 - 7:30 KATA Day 1/ SPARRING Day 2 ALL BELTS</p>	<p>6:45 - 7:30 KATA Day 1/ SPARRING Day 2 ALL BELTS</p>
	<p>7:30 - 8:15 BASICS Day 1/ SELF DEFENSE Day 2 TEEN/ADULTS ALL BELTS</p>	<p>7:30 - 8:15 BASICS Day 1/ SELF DEFENSE Day 2 TEEN/ADULTS ALL BELTS</p>
<p>The last Wednesday of each month all classes will be cancelled to observe Gradings</p>	<p>8:15 - 9:00 KATA Day 1/ SPARRING Day 2 TEEN/ADULTS ALL BELTS</p>	<p>8:15 - 9:00 KATA Day 1/ SPARRING Day 2 TEEN/ADULTS ALL BELTS</p>

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