



2009/2010 Schedule - **BEGINS SEPTEMBER 8, 2009**

416-699-5078



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>CURRICULUM CLASSES</i>						
Tiny Champs (3 - 4 yr olds)	4:30 - 5:00	5:45 - 6:15	4:30 - 5:00	5:45 - 6:15		9:15 - 9:45 am
Little Champs (5 - 7 yr olds)	5:45 - 6:15	5:15 - 5:45	5:45 - 6:15	5:15 - 5:45	4:00 - 4:30	9:45 - 10:15 am
Little Champs BBT			5:45 - 6:15		4:00 - 4:30	9:45 - 10:30 am
Youth Basic White, Yellow & Orange	5:00 - 5:30	6:15 - 6:45	5:00 - 5:30	6:15 - 6:45	4:30 - 5:15	8:30 - 9:00 am
Youth Basic BBT White, Yellow & Orange	5:00 - 5:45	6:15 - 7:00	5:00 - 5:45	6:15 - 7:00	4:30 - 5:15	8:30 - 9:15 am
Youth BBT Purple, Blue & Green	6:15 - 7:00	4:30 - 5:15	6:15 - 7:00	4:30 - 5:15	4:30 - 5:15	8:30 - 9:15 am
Youth ABBT Brown, Red & Black	6:15 - 7:00	4:30 - 5:15	6:15 - 7:00	4:30 - 5:15	4:30 - 5:15	8:30 - 9:15 am
Teen / Adult Basic White, Yellow, Orange	10:00 - 11:00 am 7:00 - 7:45 pm	6:30 - 7:15 am 7:45 - 8:45 pm	10:00 - 11:00 am 7:00 - 7:45 pm	6:30 - 7:15 am 7:45 - 8:45 pm	10:00 - 11:00 am	8:30 - 9:15 am
Teen / Adult BBT Purple, Blue & Green	10:00 - 11:00 am 7:00 - 7:45 pm	6:30 - 7:15 am 7:45 - 8:45 pm	10:00 - 11:30 am 7:00 - 7:45 pm	6:30 - 7:15 am 7:45 - 8:45 pm	10:00 - 11:00 am	8:30 - 9:15 am
Teen / Adult ABBT Brown, Red & Black	10:00 - 11:00 am 7:00 - 7:45 pm	6:30 - 7:15 am 7:45 - 8:45 pm	10:00 - 11:30 am 7:00 - 7:45 pm	6:30 - 7:15 am 7:45 - 8:45 pm	10:00 - 11:00 am	8:30 - 9:15 am
<i>ADVANCED PROGRAM CLASSES</i>						
Youth, Teen & Adult Masters Brown, Red & Black	7:45-8:45 pm	7:00-7:45 pm		7:00-7:45 pm		
Black Belts Only			7:45 - 8:45 pm			
Leadership Training					5:15 - 6:15 pm	
Demo					6:00 - 7:15 pm	
<i>SPECIALTY PROGRAM CLASSES</i>						
Black Belt Prep. Class						6:45 - 8:30 am
Competition Class					5:00- 7:00 pm	6:45 - 8:30 am
Parent's Night Out	2ND FRIDAY NIGHT OF EVERY MONTH 7:00 - 10:00 PM					
White Belt Buddy Bash	4TH FRIDAY OF EVERY MONTH - EXCEPT FOR GRADING MONTHS 7:00 - 8:30 PM					