



# CLASS SCHEDULE MEADOWLARK Fall 2018

## New Members Free Trial

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
By appointment only – Call 780-481-9888 or email <a href="mailto:info@atacanada.ca">info@atacanada.ca</a>					12:00 Ages 4-6 1:00 Ages 7-12

## AGES 4 TO 6 – (TKD)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30	4:30	5:30	4:30		9:30

## KIDS 7 TO 12 – ALL RANKS (TKD)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	5:00	6:00	5:00		10:00

## TEENS/ADULTS MIXED KRAV/TKD

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00		7:00			

## LEGACY PROGRAM & BLACK BELTS- Ages 9 and up

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					11:00

## KIDS BRAZILIAN JIUJITSU (Blue Gi Required)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00		6:00		

## TEENS/ADULTS BRAZILIAN JIUJITSU (Blue Gi Required)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00		7:00		

## YOGA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:30	