

Age & Rank	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Tigers	4:00 - 4:30	6:30-7:00	4:00 - 4:30	5:30 - 6:00	6:00-6:30	10:00-10:30
Newcomer one hour; by appointment	4:30 - 6:00 8:00-9:00	4:00 - 6:30 8:00-9:00	4:30 - 5:30 7:00 - 8:00 8:30-9:30	4:00 - 5:00	4:00 - 5:00 7:00 - 8:30	by appointment
Beginner	Beginners is three to four months for most students					
Children		5:30-6:30		4:30-5:30		
Family / All ages			6:30-7:30		6:30-7:30	12:30 - 1:30
Teen & Adult		8:30-9:30 all levels		8:00-9:00 all levels		
Intermediate	Intermediates is about fourteen months for most students					
Children		4:30-5:30		6:00-7:00		
Family / All ages	7:00-8:00		7:30-8:30		5:00-6:00	1:30- 2:30
Teen & Adult		8:30-9:30 all levels		8:00-9:00 all levels		
Advanced						
Family / All ages	6:00-7:00		5:30-6:30	7:00-8:00	7:30-8:30	2:30- 3:30
Teen & Adult		8:30-9:30 all levels		8:00-9:00 all levels		
Black Belt Class	TBA					
Black Belt Club by invitation		7:00-8:00				9:00-10:00
Birthday Parties by appointment						3:30 - 5:30

Our schedule is flexible. Each student attends twice per week and can choose any two classes from those available for his/her program, age and rank.

You can even change your choice of classes and make-up any missed classes.

Saturday calsses cancelled July & August. They will resume September 12th, 2009.

Tiny Tigers are Ages 5 & 6
 Children are Age 7-12
 Teen & Adult are Ages 13+
 Family classes are for all ages (age 7 and up) to train together.
 Newcomer are by appointment, for students, age 7+, for their first one-hour of training.

For Tiny Tigers, instruction is 30 minutes. All other classes, instruction is 50 minutes.

Beginner for White belts (3-4 months for most students)
 Intermediate for belts Yellow Stripe through Blue Stripe (about 14 months for most students)
 Advanced for belts Blue Stripe through Black Stripe

Our Phone (604) 944-KICK (5425)
 Our Address #312- 1515 Broadway St., PoCo
 Check our website www.triumphtkd.com