



# Edmonton Class Schedule - 2009/2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00 - 1:00 PM <i>Active for Life</i> Ages 16+	12:00 - 1:00 PM <i>Active for Life</i> Ages 16+	12:00 - 1:00 PM <i>Active for Life</i> Ages 16+	12:00 - 1:00 PM <i>Active for Life</i> Ages 16+	12:00 - 1:00 PM <i>Active for Life</i> Ages 16+
5:00 - 5:30 PM <i>Active Start</i> Ages 3 - 5	5:00 - 5:30 PM <i>Active Start</i> Ages 3 - 5	5:00 - 5:30 PM <i>Active Start</i> Ages 3 - 5	5:00 - 5:30 PM <i>Active Start</i> Ages 3 - 5	5:00 - 5:30 PM <i>Active Start</i> Ages 3 - 5
5:30 - 6:15 <i>FUNDamentals</i> Ages 6 - 9	5:00 - 5:45 <i>FUNDamentals</i> Ages 6 - 9	5:30 - 6:15 <i>FUNDamentals</i> Ages 6 - 9	5:00 - 5:45 <i>FUNDamentals</i> Ages 6 - 9	5:30 - 6:15 <i>FUNDamentals</i> Ages 6 - 9
6:15 - 7:00 PM <i>Learning to Train</i> Ages 10 - 12	5:45 - 6:30 PM <i>Learning to Train</i> Ages 10 - 12	6:15 - 7:00 PM <i>Learning to Train</i> Ages 10 - 12	5:45 - 6:30 PM <i>Learning to Train</i> Ages 10 - 12	6:15 - 7:00 PM <i>Learning to Train</i> Ages 10 - 12
5:50 - 6:50 <i>Training to Train / Active for Life</i> Ages 13 - 16 and 16+	5:50 - 6:50 <i>Training to Train / Active for Life</i> Ages 13 - 16 and 16+	5:50 - 6:50 <i>Training to Train / Active for Life</i> Ages 13 - 16 and 16+	5:50 - 6:50 <i>Training to Train / Active for Life</i> Ages 13 - 16 and 16+	5:50 - 6:50 <i>Training to Train / Active for Life</i> Ages 13 - 16 and 16+
7:00 - 8:00 <i>Active for Life</i> Ages 16+	7:00 - 8:30 <i>Active for Life - Cardio</i> Ages 16+	7:00 - 8:00 <i>Active for Life</i> Ages 16+	7:00 - 8:30 <i>Active for Life - Cardio</i> Ages 16+	7:00 - 8:30 PM <i>Active for Life</i> Ages 16+ <b>Black Belt Class</b>
6:00 - 9:00 PM <i>Train to Compete &amp; Win</i> Competitive 16+	6:00 - 9:00 PM <i>Train to Compete &amp; Win</i> Competitive 16+		6:00 - 9:00 PM <i>Train to Compete &amp; Win</i> Competitive 16+	

### Saturday Classes:

11:00 AM - 12:00 PM (All Ages & Belt Levels)

11:00 AM - 2:00 PM (Train to Compete & Win, Competitive 16+)