



Sherwood Park Class Schedule - 2008/2009

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+
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 - 6:00 PM <i>Sparring Class</i> Ages 6 - 9, Intermediate & Advanced Ages 10 - 12, Intermediate	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	5:30 - 6:15 <i>FUNdamentals</i> Ages 6 - 9		5:30 - 6:15 <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	6:15 - 7:00 PM <i>Learning to Train</i> Ages 10 - 12	6:00 - 7:00 PM <i>Sparring Class</i> Ages 10 - 12, Advanced Ages 13 - 16, Intermediate & Advanced	6:15 - 7:00 PM <i>Learning to Train</i> Ages 10 - 12	6:15 - 7:00 PM <i>Learning to Train</i> Ages 10 - 12
6:00 - 7:00 PM <i>Active for Life</i> Ages 16+	6:00 - 7:00 PM <i>Active for Life</i> Ages 16+	6:00 - 7:00 PM <i>Active for Life</i> Ages 16+	6:00 - 7:00 PM <i>Active for Life</i> Ages 16+	6:00 - 7:00 PM <i>Active for Life</i> Ages 16+
7:00 - 8:00 <i>Train To Train - Ages 13 - 16</i> <i>Active for Life - Ages 16+</i>	7:00 - 8:00 <i>Train To Train - Ages 13 - 16</i> <i>Active for Life - Ages 16+</i>	7:00 - 8:00 <i>Train To Train - Ages 13 - 16</i> <i>Active for Life - Ages 16+</i>	7:00 - 8:00 <i>Train To Train - Ages 13 - 16</i> <i>Active for Life - Ages 16+</i>	

Saturday Classes:
11:00 AM - 12:00 PM (All Ages & Belt Levels) at Edmonton Dojang (7619 - 104 Street)