



Sherwood Park Class Schedule - 2009/2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 - 6:00 PM <i>Sparring Class</i> Ages 6 - 9, Intermediate & Advanced Ages 10 - 12, Intermediate		
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
		6:00 - 7:00 PM <i>Sparring Class</i> Ages 10 - 12, Advanced Ages 13 - 16, Intermediate & Advanced	5:30 - 6:15 <i>FUNdamentals</i> Ages 6 - 9	5:30 - 6:30 <i>FUNdamentals</i> Ages 6 - 9 Learning to Train Ages 10 - 12
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			6:15 - 7:00 PM <i>Learning to Train</i> Ages 10 - 12
		6:30 - 7:30 <i>Black Belt Class</i> All Ages		
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>	
		7:00 - 8:00 <i>Tiger Team Training</i> Juniors & Adults		
Saturday Classes: 11:00 AM - 12:00 PM (All Ages & Belt Levels)				