

Olympian Martial Arts Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
IN-PERSON	ONLINE	IN-PERSON	ONLINE	IN-PERSON	IN-PERSON
ONE-STEP SPARRING STREET-SELF DEFENCE 4:45 pm – 5:30 pm (Green Belts & up- All Ages)	FORMATION AND PATTERNS 5:00 pm – 5:45 pm (Green Belts & up- All Ages)	SPARRING TECHNIQUE 4:45 pm – 5:30 pm (Green Belts & up- All Ages)	ONE-STEP SPARRING STREET-SELF DEFENCE 5:00 pm – 5:45 pm (Green Belts & up- All Ages)	BO PATTERN & BOARD BREAKING 4:45 pm – 5:45 pm (Green Belts & up- All Ages)	FORMATION AND PATTERNS 11:00 am – 11:45 am White - Green/Blue (ALL AGES)
ONE-STEP SPARRING STREET-SELF DEFENCE 5:45 pm – 6:30 pm All Belts up to Red/Black (All Ages)	FORMATION AND PATTERNS 5:45 pm – 6:30 pm White – Orange/Green Belt (All Ages)	SPARRING TECHNIQUE & PATTERNS 5:45 pm – 6:30 pm All Belts up to Red/Black (All Ages)	ONE-STEP SPARRING STREET-SELF DEFENCE 5:45 pm – 6:30 pm White – Orange/Green Belt (All Ages)	FORMATION AND PATTERNS 5:45 pm – 6:30 pm All Belts up to Red/Black (All Ages)	SPARRING TECHNIQUE 12 noon – 12:45 pm Blue & Up (ALL AGES)
					12:45 pm – 1:30 pm Adult

Note: Students will be given a FIVE minutes grace period at the start of class and must attend the designated classes as indicated on the schedule. Students over five minutes late for class will be asked to attend the next designated class for their age and belt level.

Sunday is closed