

# Chu's Martial Arts

## 2010 Regular Schedule (905) 886-4633

<u>MONDAY</u>	<u>TUESDAY</u> SPARRING DAY ALL CLASSES EQUIPMENT REQUIRES	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u> GAME DAY	<u>SATURDAY</u>	<u>SUNDAY</u> BOOK BIRTHDAY PARTIES HERE!!!!
		5:00-5:45 PM CHILDREN'S BLUE AND UP		5:00-5:45PM CHILDREN'S ALL BELTS	10:30 -11:30AM JUDO CHILDREN	11:00 - 12:00 PM JUDO ALL BELTS
5:00-5:30 PM TINY TIGERS	A.S.P. SPARRING 4:30 - 5:15 PM	5:45-6:30 PM CHILDREN'S WHITE - GREEN	5:00-5:45PM CHILDREN'S WHITE - GREEN	5:45-6:30PM CHILDREN'S JUJITSU/GRAPPLING	11:00-11:30AM TINY TIGERS	12:00 - 1:00 PM JUDO YOUTH/ADULTS ALLBELTS OPEN GYM
	5:30-6:15 PM CHILDREN'S WHITE - PURPLE					
5:30-6:15PM CHILDREN'S GREEN BELT AND UP	6:30-7:30PM CHILDREN'S SPARRING BROWN & UP	6:45 - 8:00PM  MIX MARTIAL ARTS YOUTH & ADULT	5:45-6:15PM TINY TIGERS	6:45-7:15PM WEAPONS ALL LEVELS	11:45-12:30PM CHILDREN'S WHITE - GREEN	1:00-3:00PM BOXING
6:30-7:15PM CHILDREN'S WHITE - GREEN	7:30-9:00PM OLYMPIC PROGRAM	7:00 - 8:30 PM BOXING	6:30-7:15PM CHILDREN'S GREEN AND UP	7:00 - 8:30 PM BOXING	12:30-1:15PM CHILDREN'S GREEN AND UP	
7:15-9:00PM OLYMPIC PROGRAM	7:30-8:30 PM ADULT & YOUTH SPARRING CLASS	8:00-9:00PM TKD PATTERN CLASS ADULTS & YOUTH	7:15-9:00PM OLYMPIC PROGRAM	7:30-8:45 PM MIX MARTIAL ARTS YOUTH & ADULT	1:30-2:30 PM ADULTS & YOUTH TKD ALL BELTS	
7:15-8:15PM ADULT & YOUTH TKD ALL BELTS	6:00 - 7:00 PM YAY - CHILDREN JUDO	8:30 -10:00 PM BRAZILIAN JU JITSU	7:30-8:30 PM ADULT & YOUTH ALL BELTS		1:30-2:45 PM BLACK BELTS ONLY CROSS TRAINING	
8:30-10:00 PM BRAZILIAN JU JITSU	7:00 - 8:00 PM CHILDREN JUDO	9:15-10:15 PM GUMDO	6:00 - 7:00 PM (KIDS) JUDO			
	8:00 - 9:00 PM ADULT COMBAT JUDO/ JUJITSU FOR MMA		6:30 - 7:30 PM (ADULTS) JUDO			
9:00-10:00PM GUMDO			9:00-10:30 PM BRAZILIAN JU JITSU BEGINNERS			



INVITATION ONLY

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