



MISSISSAUGA

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|--|-------------------------------|---|-------------------------------|--|
| 10:00am - 10:50am | 10:00am - 10:40am | 10:00am - 10:50am | 10:00am - 10:40am | 10:00am - 10:50am | 02:30pm - 04:00pm |
| Self Defense (Female Only) | Private Lesson | Self Defense (Female Only) | Private Lesson | Self Defense (Female Only) |  |
| 11:00am - 11:40am | 11:00am - 11:50am | 11:00am - 11:40am | 11:00am - 11:50am | 11:00am - 11:40am | |
| Private Lesson | Adults Class | Private Lesson | Adults Class | Private Lesson |  <p><i>*ONLY FOR REGISTERED STUDENTS (AGES 4-10YRS OLD)</i></p> |
| 02:30pm - 05:30pm | 02:30pm - 05:30pm | 03:00pm - 05:30pm | 03:00pm - 05:30pm | 03:00pm - 05:30pm | |
| After School Program | After School Program | After School Program | After School Program | After School Program | |
| 05:00pm - 05:30pm | 05:00pm - 05:30pm | 05:00pm - 05:40pm | 05:00pm - 05:30pm | 05:00pm - 05:30pm | 09:30am - 10:10am |
| Tiny Tigers (No Belt - Orange) | Tiny Tigers (Blue - Black) | No Belt - White | Tiny Tigers (No Belt - Orange) | Tiny Tigers (Blue - Black) | No Belt - White |
| 05:30pm - 06:10pm | 05:30pm - 06:10pm | 05:40pm - 06:20pm | 05:30pm - 06:10pm | 05:30pm - 06:10pm | 10:10am - 10:40am |
| No Belt - White | Yellow - Orange | Blue - Purple | Yellow - Orange | No Belt - White | Tiny Tigers (All Belts) |
| 06:10pm - 06:50pm | 06:10pm - 06:50pm | 06:20pm - 07:00pm | 06:10pm - 06:50pm | 06:10pm - 06:50pm | 10:40am - 11:20am |
| Blue - Purple | Poomsae (Pattern) | Brown - Red | Blue - Purple | Yellow - Orange | Yellow - Orange |
| 06:50pm - 07:30pm | 06:50pm - 07:30pm | 07:00pm - 07:40pm | 06:50pm - 07:30pm | 06:50pm - 07:30pm | 11:20am - 12:00pm |
| Brown - Red | Kyorugi (Sparring) <small>12 & Under</small> | Black White - Black Red | Brown - Red | Blue - Purple | Black White - Black Red |
| 07:30pm - 08:10pm | 07:30pm - 08:10pm | 07:40pm - 08:30pm | 07:30pm - 08:20pm | 07:30pm - 08:10pm | 12:00pm - 12:40pm |
| Black White - Black Red | Kyorugi (Sparring) <small>13 & Up</small> | Black Belt | Teen & Adult | Black White - Black Red | Kyorugi (Sparring) <small>12 & Under</small> |
| 08:10pm - 09:00pm | 08:10pm - 09:00pm | 08:30pm - 09:10pm | 08:20pm - 09:00pm | 08:10pm - 09:00pm | 12:40pm - 01:30pm |
| Black Belt | Teen & Adult | Poomsae (Pattern) | Kyorugi (Sparring) <small>13 & Up</small> | Teen & Adult | Black Belt |
| | | | | | 01:30pm - 02:20pm |
| | | | | | High Performance Class |