

HELPING STUDENTS BECOME THE BEST VERSION OF THEMSELVES!



MON	TUE	WED	THU	FRI	SAT	SUN
					HYPER 8:00 AM	
					FORMS 1 9:00 AM	
					FORMS 2 9:30 AM	
	TIGERS 4:30 PM		TIGERS 4:30 PM	BBC Grades 2-5 4:30 PM		
NINJAS 5:00 PM	NINJAS 5:00 PM	NINJAS 5:00 PM	NINJAS 5:00 PM	SPARRING Grades 1-5 5:00 PM		
DRAGONS 5:45 PM	DRAGONS 5:45 PM	DRAGONS 5:45 PM	DRAGONS 5:45 PM	BBC Grade 6 - Adult 5:45 PM		
WARRIORS 6:30 PM	WARRIORS 6:30 PM	WARRIORS 6:30 PM	WARRIORS 6:30 PM	SPARRING Grade 6 - Adult 6:15 pm		
ELITE 7:15 PM	POOME BELTS 7:15 PM	ELITE 7:15 PM	POOME BELTS 7:15 PM			
	TEEN/ADULT 8:00 PM		TEEN/ADULT 8:00 PM			

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