

EMA PORT COQUITLAM CLASS SCHEDULE

SCAN FOR
TRAINING
SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:40-4:30 After School Athletic Program	3:40-4:30 After School Athletic Program	3:40-4:30 After School Athletic Program	3:40-4:30 After School Athletic Program	3:40-4:30 After School Athletic Program	9:00-9:45 AM Leadership Training
4:30-5:20 Kids Beginner White-White/Black	4:30-5:20 Kids Intermediate Yellow-Green/Black	4:30-5:20 Kids Beginner White-White/Black	4:30-5:20 Kids Intermediate Yellow-Green/Black	4:30-5:20 Beginner & Intermediate White-Green/Black	9:45-10:25 AM Little Heroes 4-5 year olds
5:20-6:10 Kids Intermediate Yellow-Green/Black	5:20-6:10 Kids Beginner White-White/Black	5:20-6:10 Kids Intermediate Yellow-Green/Black	5:20-6:10 Kids Beginner White-White/Black	5:20-6:10 Advanced Blue and Above	10:25-11:15 AM Beginner & Intermediate Kids & Family
6:10-7:00 Kids Advanced Blue and Above	6:10-6:50 Little Heroes 4-5 year olds	6:10-7:00 Kids Advanced Blue and Above	6:10-6:50 Little Heroes 4-5 year olds	6:10-7:00 Black Belt Test Prep open to all Black Belts & all those Testing in the next BB Test	11:15-12:00 Weapons Level 1 Seminar
7:00-7:50 Brown/Red- Black Belts	7:00-7:50 Kids Advanced Blue and Above	7:00-7:50 Brown/Red- Black Belts	7:00-7:50 Kids Advanced Purple and Above	PLEASE ARRIVE 5-10 MINUTES BEFORE CLASS STARTS BRING SPARRING GEAR & MOUTHGUARD ON SPARRING DAYS MOUTHGUARD ON GRAPPLING DAYS WE ARE CLOSED ON THE SATURDAYS OF LONG WEEKENDS AND STAT HOLIDAYS	12:00-12:50 Advanced Kids & Family Blue and Above
7:50-8:50 Teen/Adult All belts ~ 13 & Older	7:50-8:50 Teen/Adult All belts ~ 13 & Older	7:50-8:50 Teen/Adult All belts ~ 13 & Older	7:50-8:50 Teen/Adult All belts ~ 13 & Older		12:50-1:30 Weapons Level 2 Seminar