

## CLASS SCHEDULE - SUMMER 2026 - PIERREFONDS - Starting Monday, June 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY		SATURDAY	SUNDAY
	<b>17h00 - 17h45</b> <u>6-7 YEARS OLD</u> White Belt *Trial available		<b>17h00 - 17h45</b> <u>6-7 YEARS OLD</u> White Belt *Trial available			<b>9h00 - 9h45</b> <u>6-7 YEARS OLD</u> White Belt *Trial available
<b>18h00 - 19h00</b> <u>INTERMEDIATE-1</u> Blue Belt Yellow Tip	<b>17h45 - 18h45</b> <u>BEGINNER - 8 yrs+</u> White Belt Blue Tip *Trial available	<b>18h00 - 19h00</b> <u>INTERMEDIATE-1</u> Blue Belt Yellow Tip	<b>17h45 - 18h45</b> <u>BEGINNER - 8 yrs+</u> White Belt Blue Tip *Trial available			<b>10h00 - 11h00</b> <u>BEGINNER - 8 yrs+</u> White Belt Blue Tip *Trial available
<b>19h00 - 20h00</b> <u>INTERMEDIATE-2</u> Yellow Belt to Green Tip	<b>18h45 - 19h45</b> <u>ADVANCED</u> Green Belt & up	<b>19h00 - 20h00</b> <u>INTERMEDIATE-2</u> Yellow Belt to Green Tip	<b>18h45 - 19h45</b> <u>ADVANCED</u> Green Belt & up		<b>11h00 - 12h00</b> <u>INTERMEDIATE-1-2</u> Blue Belt to Green Tip	
	<b>19h45 - 20h45</b> <u>FIGHTING TECHNIQUE</u> <u>CARDIO FITNESS</u> 13 yrs+ All levels		<b>19h45 - 20h45</b> <u>FIGHTING TECHNIQUE</u> <u>CARDIO FITNESS</u> 13 yrs+ All levels		<b>12h00 - 13h00</b> <u>ADVANCED</u> Green Belt & up	
					<b>13h00 - 14h30</b> <u>SPARRING</u> 13 yrs+ All levels	

6-7 years old	Beginner	Intermediate-1
Intermediate-2	Advanced	Fighting-Cardio-Sparring

**NB: Sunday's 9h00 and 10h00 classes are offered as soon as June 14**