

CLASS SCHEDULE - PIERREFONDS DOJO

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

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