



Aug 28, 2023 - June 28, 2024

# REGULAR SCHEDULE

403-288.0000  
 ContactUs@taoofpeace.com  
 www.taoofpeace.com

## Youth Program

Monday		Tuesday		Wednesday		Thursday		Friday
4:05-4:55 pm <b>Little Ninja</b> 5-6 yrs	4 - 5 pm <b>Junior</b> 7-10 yrs	4:05-4:55 pm <b>Little Ninja</b> 5-6 yrs	4 - 5 pm <b>Junior</b> 7-10 yrs	4:05-4:55 pm <b>Little Ninja</b> 5-6 yrs	4 - 5 pm <b>Junior</b> 7-10 yrs	4:05-4:55 pm <b>Little Ninja</b> 5-6 yrs	4 - 5 pm <b>Junior</b> 7-10 yrs	
5 - 6 pm <b>Junior</b> 7-10 yrs		5:05-5:55 pm <b>Little Ninja</b> 5-6 yrs	5 - 6 pm <b>Junior</b> 7-10 yrs	5 - 6 pm <b>Junior</b> 7-10 yrs		5:05-5:55 pm <b>Little Ninja</b> 5-6 yrs	5 - 6 pm <b>Junior</b> 7-10 yrs	5:05-5:55 pm <b>Little Ninja</b> 5-6 yrs
6 - 7 pm <b>Intermediate</b> 10-13 yrs		6 - 7 pm <b>Intermediate</b> 10-13 yrs		6 - 7 pm <b>Intermediate</b> 10-13 yrs		6 - 7 pm <b>Intermediate</b> 10-13 yrs		6:00 - 9:00 pm <b>Belt Tests &amp; Special Events</b>
7 - 8 pm <b>Teen</b> 13-17 yrs		7 - 8 pm <b>Teen</b> 13-17 yrs		7 - 8 pm <b>Teen</b> 13-17 yrs		7 - 8 pm <b>Teen</b> 13-17 yrs		

**For all Youth Program, students meet in the student lounge for the first coaches corner which starts 5 minutes prior to the on-mat times indicated on this schedule.**

## Adult Program

Monday	Tuesday	Wednesday	Thursday	Friday
4 - 5 pm <b>Novice/Intermediate</b>	4 - 5 pm <b>Novice/Intermediate</b>	4 - 5 pm <b>Novice/Intermediate</b>	4 - 5 pm <b>Novice/Intermediate</b>	
5 - 6 pm <b>Novice/Intermediate</b>		5 - 6 pm <b>Novice/Intermediate</b>		
	6 - 7 pm <b>Novice/Intermediate</b>		6 - 7 pm <b>Novice/Intermediate</b>	6:00 - 9:00 pm <b>Belt Tests &amp; Special Events</b>
7 - 8 pm <b>Novice/Intermediate</b>	7 - 8 pm <b>Intermediate/Advanced</b>	7 - 8 pm <b>Novice/Intermediate</b>	7 - 8 pm <b>Intermediate/Advanced</b>	

**Novice:** White-Green Stripe | **Intermediate:** Green-Purple | **Advanced:** Brown+

## Additional Programs

Monday	Tuesday	Wednesday	Thursday	Friday
				4 - 5 pm <b>Makeup Class**</b> 7-17 yrs (Register Online)
				4 - 5 pm <b>Leadership</b> (By Application)
				4 - 6 pm <b>Demo Team</b> (By Application)
8 - 9 pm <b>Sparring and Joint Lock**</b> 13+ / Adult (Register with Office)	8 - 9 pm <b>TEC Team</b> (By Application)	8 - 9 pm <b>Leadership</b> (By Application)	8 - 9 pm <b>Black Belt Prep**</b> (Register with Office)	8 - 9 pm <b>Black Belt Class**</b> (Register with Office)

**\*\* No Additional Fees**