



5 ELEMENTS
MARTIAL ARTS

Winter Schedule - Effective January 1st, 2022

www.5elementscalgary.com

MONDAY

10:00-11:00AM Fitness Kickboxing/Muay Thai
5:00-5:45PM Little Dragons
6:00-7:00PM Self Defense
6:00-7:00PM Youth Muay Thai
7:00-8:00PM Adult Open Muay Thai
7:00-8:00PM All Ages Tae Kwon Do

TUESDAY

9:30-10:30AM All Ages Karate
10:30-11:15AM Little Dragons
5:00-6:00PM Child Karate
6:00-7:00PM All Ages Karate
7:00-8:00 Point Sparring
7:00-8:30PM All Ages Brazilian Jiu Jitsu

WEDNESDAY

10:00-11:00AM Fitness Kickboxing/ Muay Thai
5:00-5:45PM Little Dragons
6:00-7:00PM Youth Muay Thai
6:00-7:00PM All Ages Tae Kwon Do
7:00-8:00PM Adult Open Muay Thai
7:30-8:15PM Cardio (No) Barre*

THURSDAY

10:00-11:00AM Fitness Kickboxing/ Muay Thai
10:00-10:45AM Little Dragons
11:00-12:00PM All Ages Karate
5:00-6:00PM Child Karate
6:00-7:00PM All Ages Karate
6:00-7:00PM Advanced Muay Thai Pads Class (Invitation Only)
7:00-7:30PM Advanced Karate (Invitation Only)
7:00-8:30PM All Ages Brazilian Jiu Jitsu

FRIDAY

10:00-11:00AM Fitness Kickboxing
12:00-12:45PM Little Dragons
6:00-7:00PM All Ages MMA

SATURDAY

9:00-10:00AM Youth Muay Thai
9:00-10:00AM Athletic Stretching and Mobility
10:00-11:00AM Adult Open Muay Thai
11:00-11:45AM Little Dragons
11:00-12:00PM Advanced Muay Thai/ Sparring
12:00-1:00PM Adult/Teen Boxing
12:00-1:00PM All Ages Karate
12:00-1:00PM All Ages Brazilian Jiu Jitsu

SUNDAY

Birthday parties, private lessons/events
& seminars
Contact us to reserve:
403.201.8825
info@5elementscalgary.com
Instagram: @5ElementsMA