



5 ELEMENTS
MARTIAL ARTS

Fall Schedule - Effective September 6th, 2022

www.5elementscalgary.com

MONDAY

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

TUESDAY

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
6:00-7:00 Adult Karate
7:00-8:00PM Youth Brazilian Jiu Jitsu
7:00-8:30PM Sparring
7:00-8:30PM Teen/Adult Brazilian Jiu Jitsu

WEDNESDAY

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

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 (Praciat Restriction)
7:00-8:00PM Youth Brazilian Jiu Jitsu
7:00-8:00PM Advanced Karate (Belt Restriction)
7:00-8:30PM Teen/Adult Brazilian Jiu Jitsu

FRIDAY

12:00-12:45PM Little Dragons
5:00-5:45PM Little Dragons
6:00-7:00PM No-Gi Jiu Jitsu
6:00-7:00PM All Ages Tae Kwon Do
7:00-8:00PM Sparring

SATURDAY

9:00-10:00AM Youth Muay Thai
9:00-10:00AM Martial Arts Mobility (Kadosei)
10:00-11:00AM Adult Open Muay Thai
10:00-11:00 AM Youth Self Defense/Anti-Bullying
11:00-12:00PM All Ages Karate
11:00-12:00PM Advanced Muay Thai/ Sparring
12:00-1:00PM Adult/Teen Boxing
12:00-12:45PM Little Dragons
12:00-1:00PM BJJ Fundamentals

Contact us:

p. 403.201.8825
e. info@5elementscalgary.com
ig. @5ElementsMA