



5 ELEMENTS
MARTIAL ARTS

Winter Schedule - Effective January 4, 2023
www.5elementscalgary.com

MONDAY

10:00-11:00AM Fitness Kickboxing/Muay Thai
5:00-5:45PM Little Dragons
5:00-5:45PM Youth Boxing
6:00-7:00PM All Ages Tae Kwon Do
6:00-7:00PM Youth Muay Thai
7:00-8:30PM 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
6:00-7:00PM Adult Karate
7:00-8:00PM Youth Brazilian Jiu Jitsu
7:00-8:30PM Point 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
5:00-6:00P Youth Boxing
6:00-7:00PM Youth Muay Thai
6:00-7:00PM All Ages Tae Kwon Do
7:00-8:30PM 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 Adult Karate
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
7:00-8:30PM Sparring (Continuous)

SATURDAY

9:00-10:00AM Youth Muay Thai
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 Muay Thai All Levels/Sparring
12:00-1:00PM Women's Only Brazilian Jiu Jitsu
12:00-1:00PM Adult/Teen Boxing
12:00-12:45PM Little Dragons
1:00-2:00PM BJJ All Levels & Ages
1:00-2:00PM Youth Tae Kwon Do

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