

## 2022-2023 Weekly Schedule

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Little Ninjas 5:45 pm - 6:30 pm	Little Ninjas 5:45 pm - 6:30 pm	Little Ninjas 5:45 pm - 6:30 pm	Little Ninjas 5:45 pm - 6:30 pm		Introductory & Intermediate 10:00 am - 10:55 am
Introductory 6:30 pm - 7:15 pm	Introductory 6:30 pm - 7:15 pm	Introductory 6:30 pm - 7:15 pm	Introductory 6:30 pm - 7:15 pm	Elite Training or Belt Testing 6:00 pm - 9:00 pm	Leadership & Black Belt Club 11:00 am - 12:15 noon
Intermediate 7:15 pm - 8:10 pm	Intermediate 7:15 pm - 8:10 pm	Intermediate 7:15 pm - 8:10 pm	Intermediate 7:15 pm - 8:10 pm		Seminars or Elite Training 12:15 - 3:30 pm
Intermediate, Leadership & Black Belt Club 8:10 pm - 9:30 pm	Intermediate, Leadership & Black Belt Club 8:10 pm - 9:30 pm	Intermediate, Leadership & Black Belt Club 8:10 pm - 9:30 pm	Intermediate, Leadership & Black Belt Club 8:10 pm - 9:30 pm		Belt Testing 11:00 am - 3:00 pm

The academy is closed during Statutory Holidays and Christmas Holidays.