



# TRI-CITY TAEKWONDO

## CLASS SCHEDULE

Unit 278 - 3355 North Road, Burnaby, BC V3J 7T9  
 info@tricitytkd.com | www.tricitytkd.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
INTRO CLASS 3:00 - 3:30	INTRO CLASS 3:00 - 3:30	INTRO CLASS 3:00 - 3:30	INTRO CLASS 3:00 - 3:30	INTRO CLASS 3:00 - 3:30	BRAZILIAN JIU-JITSU kids and women 9:30 - 10:30
TIGERS Beginner 3:45 - 4:30	DRAGONS Intermediate 3:45 - 4:30	TIGERS Beginner 3:45 - 4:30	DRAGONS Intermediate 3:45 - 4:30	LEADERSHIP TEAM 3:45 - 4:30	MAKE UP CLASS Tigers, Dragons & Youth 10:30 - 11:20
YOUTH BEGINNER White - Orange 4:30 - 5:20	YOUTH INTERMEDIATE Green - Purple 4:30 - 5:20	YOUTH BEGINNER White - Orange 4:30 - 5:20	YOUTH INTERMEDIATE Green - Purple 4:30 - 5:20	TIGERS Beginner 4:30 - 5:15	TIGERS Beginner 11:20 - 12:05
YOUTH INTERMEDIATE Green - Purple 5:20 - 6:10	YOUTH BEGINNER White - Orange 5:20 - 6:10	YOUTH INTERMEDIATE Green - Purple 5:20 - 6:10	YOUTH BEGINNER White - Orange 5:20 - 6:10	YOUTH CLASS All Belts 5:15 - 6:05	YOUTH CLASS All Belts 12:05 - 12:55
YOUTH ADVANCED Red - Black 6:10 - 7:00	YOUTH ADVANCED Red - Black 6:10 - 7:00	YOUTH ADVANCED Red - Black 6:10 - 7:00	YOUTH ADVANCED Red - Black 6:10 - 7:00	OLYMPIC SPARRING 6:05 - 7:30	TIGERS Beginner 12:55 - 1:40
ADULT All Belts 7:00 - 8:00	ADULT All Belts 7:00 - 8:00	ADULT All Belts 7:00 - 8:00	ADULT All Belts 7:00 - 8:00	ADULT All Belts 7:30 - 8:30	SPECIAL EVENT
CARDIO KICKBOXING 8:00 - 9:00	PRIVATE CLASS	PRIVATE CLASS	KRAV MAGA 8:00 - 9:00	PRIVATE CLASS	SPECIAL EVENT

Students may attend only those classes designed for their age and rank unless permission has been given by one of the instructors

- Tigers:** Beginner, ages 4.5 - 6
- Dragons:** Intermediate, ages 10 and under
- Youth:** Ages 7 - 13
- Adult:** Ages 14 and over
- Leadership Team:** By invitation
- Krav Maga:** Age 14 and over
- Brazilian Jiu-Jitsu:** Kids and women

### New to Martial Arts?

Call us to book your free introductory lesson!

**604-939-8232**

At Tri-City Taekwondo, we believe in enhancing our community through personal development of each of our students. Our school provides a supportive and energetic environment in which our students can grow mentally and physically.

We inspire personal excellence, both within and outside of our Martial Arts School.