



3 Rowland Cres, St. Albert

MONDAY

12:00 - 1:00 pm ADULT/TEEN (beginner/all ranks)
1:30 - 2:00 pm KICKSTART (4-5 yrs)
4:15 - 4:45 pm KICKSTART (4-5 yrs)
5:00 - 5:45 pm CHILDREN (white/yellow belt)
5:45 - 6:30 pm CHILDREN (blue/red belt)
6:30 - 7:15 pm CHILDREN (purple/green belt)
7:15 - 8:15 pm ADULT/TEEN (Ikkyu - Black belt)
8:15 - 9:15pm ADULT/TEEN (yellow-brown belts below Ikkyu)

TUESDAY

5:00 - 6:00 pm CHILDREN (brown belt)
6:00 - 7:00 pm CHILDREN (Jr. Black belt)
7:00 - 8:00 pm TEEN/ADULT (beginner - green belt)
8:00 - 9:00 pm TEEN/ADULT (brown/Black Belt)

WEDNESDAY

10:00 - 11:00 am TEEN/ADULT (beginners/all ranks)
4:15 - 4:45 pm KICKSTART (4-5 yrs)
5:00 - 5:45 pm CHILDREN (white belt)
5:45 - 6:30 pm CHILDREN (yellow/blue belt)
6:30 - 7:15 pm CHILDREN (red/purple belt)
7:15 - 8:00 pm CHILDREN (green belt)
8:00 - 9:00 pm KOBUDO (advanced training)

THURSDAY

5:00 - 5:45 pm CHILDREN (brown belt)
5:45 - 6:30 pm CHILDREN (Jr. Black)
6:30 - 7:15 pm TEEN/ ADULT(beginners-green belt)
7:15 - 8:15 pm TEEN/ADULT (brown belts)
8:15 - 9:15 pm TEEN/ADULT (Black Belts)

FRIDAY

11:00 - 11:30 am KICKSTART (4-5 yr olds)
12:00 - 1:00 pm TEEN/ADULT (beginners/all ranks)
5:00 - 5:45 pm CHILDREN (white/yellow belt)
5:45 - 6:30 pm CHILDREN (blue/red belt)
6:30 - 7:15 pm CHILDREN (purple/green belt)
7:15 - 8:00 pm CHILDREN (brown/Jr. Black belt)

SATURDAY

9:30-10:00 am KICKSTART (4-5 yr olds)

KOBUDO (Individual weapons training - white to blue belts)

10:00 - 10:30 am Bo 10:30 - 11:00 am Sai
11:00 - 11:30am Tonfa 11:30 - noon Nunchako

The dojo is closed on long weekends and statutory holidays

TEST DATES

Regular classes will be cancelled for kyu rank tests on

Purple belt & below - Oct 6, Nov 23

Green belt & above - Oct 7, Nov 24

Kobudo class is cancelled on Wednesday test dates.

FOR MORE INFORMATION

780-458-6931 or desakarate@shaw.ca