

WORLD CHAMPION ANZHELIKA TERLIUGA

OCT 22 & 23 SPARRING TRAINING

3 Rowland Crescent, St. Albert

**\$50 FOR 2 DAYS
OR
\$35 for 1 DAY**

Thursday Oct 22 & Friday Oct 23

Intermediate 5:00 - 6:30

Purple Belt - Jr. Black Belt

Advanced 7:00 - 9:00

*Black Belts and select
brown/Jr. Black belts*

*Please note there are no regular
classes for purple belts and above who
are under 35 years old.*



SCAN TO REGISTER

MODIFIED REGULAR SCHEDULE FOR RED AND BELOW / 35+ ADULT ALL RANKS

THURSDAY OCT 22 UPSTAIRS DOJO

6:05 - 7:05: White - Green Teen/Adults

7:10 - 8:30: Brown/Black 35+

FRIDAY OCT 23 UPSTARIS DOJO

5:00 - 5:50: White/Yellow Children

6:00 - 7:00: Blue/Red Children