

JANUARY 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|--------|--|
| All students 35 yrs & under bring your spar gear to all classes this | All Mondays 7:10 Yellow- Black Belt Sparring class in main dojo and traditional in upstairs dojo for for 35+ | Next Kyu Test February 25 | Sparring class for kids 12 & under who are purple belt or higher every Wed at 6:05 pm | H | 2 | 3 |
| 4 | 5 Dojo Reopens | 6 | 7 | 8 | 9 | 10 Leadership workshop – whole team 1-3 pm |
| 11 | 12 Sparring Day Kids classes | 13 Sparring Day Kids classes Strength Training & Flexibility 7:10 class for all Ranks Teen/adult | 14 | 15 | 16 | 17 Picture Day 1:30-4:30 pm |
| 18 | 19 | 20 SWEAT CLASS 5:00 Brown/Jr. Black | 21 | 22 Sandan & above class 7:10 upstairs | 23 | 24 |
| 25 Moai 2:00 Sandan & above RSVP required | 26 | 27 Strength Training & Flexibility 7:10 class for all Ranks Teen/adult | 28 Sparring Day Kids classes | 29 Sparring Day Kids classes | 30 | 31 KA Prov Tourney (Jr. Team selection) Calgary See website or talk to Sempai Noah |