



# EAST WEST KARATE WINTER TIME SCHEDULE

**(905) 891-9448**  
**effective MARCH 1st, 2019**



CLASS	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Adults/Parents</b>		<b>8:00</b>		<b>7:15</b>		
<b>Tweens &amp; Teens</b>				<b>7:15 8:00 Adv</b>	<b>6:30 5:00 Adv</b>	
<b>Jr. &amp; Sr. Black Belt</b>	<b>7:15</b>				<b>5:00</b>	
<b>Tiny Tiger (ages 3-5)</b>		<b>4:30</b>	<b>4:30</b>	<b>4:30</b>		
<b>White &amp; White/Yellow</b>		<b>5:00 5:45</b>		<b>5:45 6:30</b>		
<b>Yellow &amp; Yellow/Orange</b>	<b>5:00</b>		<b>5:00</b>			
<b>Orange &amp; Orange/Green</b>	<b>5:45</b>		<b>5:45</b>			
<b>Orange/Green (Adv) &amp; Green</b>	<b>6:30</b>		<b>6:30</b>			
<b>Green/Blue</b>		<b>6:30</b>		<b>5:00</b>		
<b>Blue</b>		<b>6:30</b>		<b>5:00</b>		
<b>Blue/Black</b>		<b>6:30</b>		<b>5:00</b>		
<b>Brown &amp; Up</b>		<b>6:30</b>		<b>5:00</b>		
<b>Weaponry - Juniors</b>		<b>7:15</b>				
<b>Weaponry - Teens</b>		<b>7:15</b>				
<b>Weaponry - Seniors</b>		<b>7:15</b>				
<b>Continuous Point</b>					<b>7:15</b>	
<b>Kickboxing Fitness</b>	<b>8:00pm</b>			<b>10:00am</b>	<b>8:00pm</b>	
<b>Competition Team</b>			<b>7:15 jr. 8:00 sr.</b>		<b>7:15 jr. 5:45 sr.</b>	
<b>Family Class</b>	<b>SEE MONTHLY CALENDAR FOR MORE INFORMATION!</b>					
<b>Private Lessons AVAILABLE</b>	<b>3:00-5:00</b>	<b>3:00-4:30</b>	<b>3:00-4:30</b>	<b>3:00-4:30</b>	<b>3:00-5:00</b>	
<b>Birthday Parties</b>	<b>PARTIES ARE BOOKED AT YOUR OWN CONVENIENCE!!!</b>					

**EWK SPECIAL EVENTS, SEMINARS & TOURNAMENTS!**

**NOTE: If you or your child/ren will be missing 2 weeks or more of classes please notify Sensei. Also do not switch classes unless told by Sensei. Thank You!**

**website: [www.teamEWK.com](http://www.teamEWK.com)  
email: [info@teamEWK.com](mailto:info@teamEWK.com)**

**This is a BLACK BELT SCHOOL  
We are motivated - We are dedicated  
We are on a QUEST to be our BEST, Iyaah!**

**EAST WEST  
KARATE & FITNESS**

