

# SPIRIT

## TAEKWONDO & JIU-JITSU ACADEMY

spirit-tkd.com (780) 477-6241

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY

5:30 - 6:25  
CHILDREN  
BEGINNER  
AND  
INTERMEDIATE

5:30 - 6:25  
CHILDREN  
ADVANCED  
5:45 - 6:30  
PEE WEE

5:30 - 6:25  
CHILDREN  
BEGINNER  
AND  
INTERMEDIATE

5:30 - 6:25  
CHILDREN  
ADVANCED  
5:45 - 6:30  
PEE WEE

6:00 - 7:00  
SPARRING  
CLUB/TEAM  
FAMILY  
OPEN

10:30 - 11:30  
FAMILY  
OPEN

6:30 - 7:25  
CHILDREN  
ADVANCED  
COMBATIVES  
JIU-JITSU

6:30 - 7:25  
CHILDREN  
BEGINNER/ INTER  
SPARRING  
TEAM

6:30 - 7:25  
CHILDREN  
ADVANCED  
COMBATIVES  
JIU-JITSU

6:30 - 7:25  
CHILDREN  
BEGINNER/ INTER  
SPARRING  
TEAM

7:00 - 8:00  
BLACK  
BELT  
PROMOTION  
PREPARATION

11:30 - 1:00  
BRAZILIAN  
JIU-JITSU

7:30 - 8:25  
ADULT  
JUNIOR  
OPEN  
8:00 - 9:30  
BRAZILIAN  
JIU-JITSU

7:30 - 8:25  
ADULT / JUNIOR  
OPEN  
8:30 - 9:25  
BLACK BELT  
CLASS

7:30 - 8:25  
ADULT  
JUNIOR  
OPEN  
8:00 - 9:30  
BRAZILIAN  
JIU-JITSU

7:30 - 8:25  
ADULT / JUNIOR  
OPEN



SUNDAY  
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BEGINNER  
WHITE  
TO YELLOW

INTERMEDIATE  
GREEN-STRIPE  
TO BLUE-STRIPE

ADVANCE  
BLUE  
TO BLACK BELT

OPEN  
ALL  
BELTS

JIU-JITSU  
ALL  
BELTS

SPARRING  
COMPETITION  
TRAINING