


SPIRIT

TAEKWONDO - JIU-JITSU - YOGA

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 PEE WEE OPEN	5:30 - 6:25 CHILDREN BEGINNER AND INTERMEDIATE	5:30 - 6:25 CHILDREN ADVANCED PEE WEE OPEN	5:30 - 6:25 SPARRING CLUB	NOON - 1:00 OPEN CLASS FOR ALL AGES AND BELTS	
6:30 - 7:25 CHILDREN ADVANCED JUNIOR OPEN	6:30 - 7:25 CHILDREN BEG & INTER SPARRING TEAM TILL 8 PM	6:30 - 7:25 CHILDREN ADVANCED JUNIOR OPEN	6:30 - 7:25 CHILDREN BEG & INTER SPARRING TEAM TILL 8 PM	6:30 - 7:30 BLACK BELT PROMOTION PREPARATION	11:30 - 1:00 BRAZILIAN JIU-JITSU	
7:30 - 8:25 ADULT OPEN	7:30 - 8:25 ADULT / JUNIOR OPEN	7:30 - 8:25 ADULT OPEN	7:30 - 8:25 ADULT / JUNIOR OPEN		SUNDAY C L O S E D	
8:00 - 9:30 BRAZILIAN JIU-JITSU	8:45 - 9:45 YOGA	8:00 - 9:30 BRAZILIAN JIU-JITSU	8:45 - 9:45 YOGA			
BEGINNER WHITE TO YELLOW	INTERMEDIATE GREEN-STRIFE TO GREEN	ADVANCE BLUE-STRIFE TO BLACK BELT	OPEN ALL BELTS		JIU-JITSU ALL BELTS	SPARRING COMPETITION TRAINING