



Mount Pearl Schedule

Effective September 9, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Mini Martial Arts 10:30–11:00 am
	Mini Martial Arts 5:30–6:00 pm		Mini Martial Arts 5:30–6:00 pm			Youth Martial Arts 11:00 – 11:45 am
High Belt 1:00 – 2:00 pm	Youth Martial Arts 6:00–6:45 pm		Youth Martial Arts 6:00–6:45 pm			Low Belt 12:00 – 1:00 pm
Kickboxing 2:00 – 3:00 pm	Low Belt 6:45 – 7:45 pm	High Belt 6:45 – 7:45 pm	Low Belt 6:45 – 7:45 pm	High Belt 6:45 – 7:45 pm		
Adult Martial Arts 3:00 – 4:30 pm		Kickboxing 7:45-8:45 pm		Adult Martial Arts 7:45-9:15 pm		

Mini Martial Arts	Ages 3 - 5	Low Belt (White – Orange)	Ages 8 - 15
Youth Martial Arts	Ages 6 - 7	High Belt (Purple – Black)	Ages 8 – 15
Kickboxing	Age 10+	Adult	Age 16 +