

CLASS SCHEDULE

www.glenmoremartialarts.com 250-868-8690					SATURDAY	SUNDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Afterschool 2:30pm-5pm	Afterschool 2:30pm-5pm	Afterschool 2:30pm-5pm	Afterschool 2:30pm-5pm	Afterschool 2:30pm-5pm	Lil-D 9am-9:45am	Private Classes ~By Appointment Only
Kids-B 3:30pm-4:15pm	Kids-N 3:30pm-4:15pm	Kids-B 3:30pm-4:15pm	Kids-N 3:30pm-4:15pm	Kids-N 3:30pm-4:15pm	Lil-D 9:45am-10:30am	
Kids-N 4:15pm-5pm	Kids-B 4:15pm-5pm	Kids-N 4:15pm-5pm	Kids-B 4:15pm-5pm	Kids-B 4:15pm-5pm	Lil-D 10:30am-11:15am	B-Day Party/Event 10:30am-12:30pm
Kids-B 5pm-5:45pm	Kids-I 5pm-5:45pm	Kids-B 5pm-5:45pm	Kids-I 5pm-5:45pm	Kids-N 5pm-5:45pm	Kids-B 11:15am-12pm	B-Day Party/Event 1pm-3pm
Kids-I 5:45pm-6:30pm	Kids-N 5:45pm-6:30pm	Kids-I 5:45pm-6:30pm	Kids-N 5:45pm-6:30pm	Kids-I 5:45pm-6:30pm	Kids-N 12pm-12:45pm	B-Day Party/Event 3:30pm-5:30pm
BBC 6:30pm-7:15pm	BBC 6:30pm-7:15pm	BBC 6:30pm-7:15pm	BBC 6:30pm-7:15pm	BBC+AA 6:30pm-7:15pm	BBC 12:45pm-1:30pm	
Adult-B 7:15pm-8pm	Adult-A 7:15pm-8pm	Adult-B 7:15pm-8pm	Adult-A 7:15pm-8pm			

Lil-D	Little Dragons	3-5yrs
Kids-B	Kids Beginner	White-Camo.G
Kids-N	Kids Novice	Y.Stripe-Orange
Kids-I	Kids Intermediate	G.Stripe+
BBC	Black Belt Club	Yellow-Black
BBC-AA	Black Belt Club & Adult Advanced	Green-Black
Adult-B	Adults Beginner	White-G.Stripe
Adult-A	Adults Advanced	Green-Black



**See it.
Believe it.
Achieve it.**