



WINTER 2011/2012 SCHEDULE

Effective December 1st, 2011

EAST WEST MARTIAL ARTS - KIDS PROGRAMS

CLASS	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Tiny Tigers	2:00	3:15	2:00	3:15		
Lil' Champions	3:30	3:45 5:45	3:30	3:45 5:45		
Kids Basic Training	4:00	6:45	4:00	6:45		
Kids Basic Black Belt Training	4:30	6:15	4:30	6:15		
Kids Intermediate Training	5:45	5:00	5:45	5:00		
Kids Advanced Training	6:30	4:15	6:30	4:15		
Junior Black Belts	5:00		5:00			
Kids Masters Training					6:15	
Kids Basic Leadership/XMA					5:15	
Kids Intermediate/Advanced Leadership / XMA	7:15		7:15			

EAST WEST MARTIAL ARTS – TEENS AND ADULTS PROGRAMS

CLASS	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Teen Training	5:00	7:15	5:00	7:15		
Basic Krav Maga	8:00	12:00 8:00	8:00	12:00 8:00		
Intermediate Krav Maga	8:00	12:00 8:00	8:00	12:00 8:00		
Advance Krav Maga	8:00	12:00	8:00	12:00		

Program	Duration	Program	Duration
Tiny Tigers (2-3 yrs)	20 Minutes	Lit' Champions (4 - 6 yrs)	30 Minutes
Kids Basic Training (7 – 12 yrs)	30 Minutes	Kids Intermediate Training (7-12 yrs)	45 Minutes
Kids Advanced Training (7-12 yrs)	45 Minutes	Kids Masters Training	45 Minutes
Basic Leadership/XMA Training	1 Hour	Int. / Adv. Leadership/XMA Training	45 Minutes
Teens Basic Training (13–16 yrs)	30 Minutes	Teens Black Belt Training	45 Minutes
Krav Maga	60 Minutes		

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www.ewmavancouver.com