



Tiger Dragon Martial Arts

Class Schedule

647-430-8904
tigerdragon.ca

PRIVATE LESSONS
by Appointment

| | | | | |
|--------|--------------------------------|--------------------|--------------|-------------|
| Adults | KIDS, TEENS, ADULTS (All Ages) | Advanced Blue & Up | Aiki Jujitsu | Unavailable |
|--------|--------------------------------|--------------------|--------------|-------------|

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | |
|------------------|------------------------------|--------------------|-------------------|-----------------------|-------------------------------------|--------------------|---------------|-------------|---------------|
| 9 :30 | Unavailable | | | | | | Unavailable | | |
| 10 :30 | | | | | | | | | |
| 11 :30 | | | | | | | | | |
| 12 :30 | Tai-Chi & Chi Kung 45 Min | Chi Kung 30 Min | Chi Kung | Chi Kung | Tai-Chi & Chi Kung 45 Min | Chi Kung 30 Min | Chi Kung | Skills | Unavailable |
| 1 :30 | OPEN TRAINING | | | | | | Chi Kung | Unavailable | |
| 2 :30 | | | | | | | Unavailable | Unavailable | |
| 3 :30 | | | | | | | Aiki Jujitsu | Unavailable | |
| 4 :30 | | | | | | | Unavailable | Unavailable | |
| 5 :30 | | | | | | | OPEN TRAINING | Skills | OPEN TRAINING |
| 6 :30 | Chi Kung | Sparring | Chi Kung | Skills Adults Only | Chi Kung | Unavailable | | | |
| 7 :30 | Skills Adults Only | | Cardio Kickboxing | | Advanced Last Friday Every Month | Unavailable | | | |
| 8 :30 | OPEN TRAINING | Aiki Jujitsu | Unavailable | OPEN TRAINING | OPEN TRAINING | Unavailable | | | |

Private Lessons by Appointment only. This schedule is subject to change at any time.