



Tiger Dragon Martial Arts

Class Schedule

647-430-8904
tigerdragon.ca

	BEGINNERS	Adults	KIDS, TEENS, ADULTS (All Ages)	Kick-B-Fit Cardio-Kickboxing	Aiki Jujitsu	Unavailable						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
9:30	Unavailable						Unavailable					
10:30												
11:30						Skills		Unavailable				
12:30	Tai-Chi & Chi Kung 45 Min	Chi Kung	Chi Kung	Tai-Chi & Chi Kung 45 Min	Chi Kung	Sparring						
1:30	<h1>OPEN TRAINING</h1>						BEGINNERS					
2:30												Unavailable
3:30											Aiki Jujitsu	Unavailable
4:30												
5:30	OPEN TRAINING	Skills	OPEN TRAINING	Skills								
6:30	Chi Kung	Sparring	Chi Kung	Skills Adults Only	Chi Kung							
7:30	Kick-B-Fit Cardio-Kickboxing		Kick-B-Fit Cardio-Kickboxing		Kick-B-Fit Cardio-Kickboxing							
8:30	Adults	Aiki Jujitsu		OPEN TRAINING	OPEN TRAINING							

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