KARATE · KICKBOXING · JIU JITSU
PERRINS
MARTIAL ARTS & FITNESS CENTRES

Schedule starts: JULY 6th, 2026

Dojo 1 - Upstairs

Monday Kata/Basics	Tuesday Spar/Self Def	Wednesday Kata/Basics	Thursday Spar/Self Def	Friday Kids/Adults	Saturday Kids/Adults
					10:30 - 11:00 Kinder Karate Ages 4 & up
					11:15 - 12:00 Kids OPEN class
					12:15 - 1:00 Kids Point Sparring
5:15 - 6:00 Kids Green & up	5:00 - 5:45 Kids White - Orange	5:15 - 5:45 Kinder Karate Ages 4 & up	5:00 - 5:45 Kids White - Orange	5:15 - 6:00 Kids Green & up	
6:15 - 7:00 Red / Black belt class	5:45 - 6:15 Kinder Karate Ages 4 & up	5:45 - 6:30 Kids Green & up	6:00 - 6:45 Kids JIU JITSU	6:00 - 6:30 Kinder Karate Ages 4 & up	
7:00 - 7:45 Adult Martial Arts	6:15 - 7:00 Point Sparring	7:00 - 7:45 Adult Martial Arts			

Dojo 2 - Downstairs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					11:30 - 1:00 BJJ Open Mat
	7:30 - 9:00 BJJ Fundamentals		7:30 - 9:00 BJJ No Gi	7:00 - 8:00 Kickboxing	
8:00 - 9:00 Kickboxing		8:00 - 9:00 Boxing			

perrinsmartialarts.ca **905.664.8949**