



Schedule starts: SEPTEMBER 2nd, 2025

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
4:00 - 4:20 Aft. School Kinder Karate	4:00 - 4:20 Aft. School Kinder Karate	4:00 - 4:20 Aft. School Kinder Karate	4:00 - 4:20 Aft. School Kinder Karate	4:00 - 4:20 Aft. School Kinder Karate	11:15 - 12:00 Kids White - Orange
4:20 - 4:50 Aft. School Karate	4:20 - 4:50 Aft. School Karate	4:20 - 4:50 Aft. School Karate	4:20 - 4:50 Aft. School Karate	4:20 - 4:50 Aft. School Karate	12:00 - 12:45 Kids Green & up
5:00 - 5:30 Kinder Karate Ages 4 & up	5:00 - 5:45 Kids White - Orange	5:15 - 5:45 Kinder Karate Ages 4 & up	5:00 - 5:45 Kids White - Orange	5:00 - 5:45 Kids Green & up	12:45 - 1:30 Kids Point Sparring
5:45 - 6:30 Kids Green & up	5:45 - 6:15 Kinder Karate Ages 4 & up	5:45 - 6:30 Kids Green & up	5:45 - 6:30 Kids JIU JITSU	5:45 - 6:15 Kinder Karate Ages 4 & up	
6:30 - 7:15 Red / Black Class	6:15 - 7:00 Point Sparring	6:30 - 7:15 Kids White - Orange	6:30 - 7:15 Point Sparring	6:15 - 7:00 Kids White - Orange	
7:15 - 8:00 Adult Martial Arts		7:15 - 8:00 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

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