



Schedule starts: SEPTEMBER 8th, 2026

### Dojo 1 - Upstairs

| Monday<br>Kata/Basics                       | Tuesday<br>Spar/Self Def                    | Wednesday<br>Kata/Basics                    | Thursday<br>Spar/Self Def             | Friday<br>Kids/Adults                       | Saturday<br>Kids/Adults                       |
|---------------------------------------------|---------------------------------------------|---------------------------------------------|---------------------------------------|---------------------------------------------|-----------------------------------------------|
|                                             |                                             |                                             |                                       |                                             | 10:30 - 11:00<br>Kinder Karate<br>Ages 4 & up |
| 4:00 - 4:20<br>Aft. School<br>Kinder        | 4:00 - 4:20<br>Aft. School<br>Kinder        | 4:00 - 4:20<br>Aft. School<br>Kinder        | 4:00 - 4:20<br>Aft. School<br>Kinder  | 4:00 - 4:20<br>Aft. School<br>Kinder        | 11:15 - 12:00<br>Kids<br>White - Orange       |
| 4:20 - 4:50<br>Aft. School<br>Kids          | 4:20 - 4:50<br>Aft. School<br>Kids          | 4:20 - 4:50<br>Aft. School<br>Kids          | 4:20 - 4:50<br>Aft. School<br>Kids    | 4:20 - 4:50<br>Aft. School<br>Kids          | 12:00 - 12:45<br>WEAPONS<br>class             |
| 5:00 - 5:30<br>Kinder Karate<br>Ages 4 & up | 5:00 - 5:45<br>Kids<br>White - Orange       | 5:00 - 5:30<br>Kinder Karate<br>Ages 4 & up | 5:15 - 6:00<br>Kids<br>White - Orange | 5:15 - 6:00<br>Kids<br>Green & up           | 12:45 - 1:30<br>Kids<br>Point<br>Sparring     |
| 5:30 - 6:15<br>Kids<br>Green & up           | 5:45 - 6:15<br>Kinder Karate<br>Ages 4 & up | 5:30 - 6:15<br>Kids<br>Green & up           | 6:00 - 6:45<br>Kids<br>JIU JITSU      | 6:00 - 6:30<br>Kinder Karate<br>Ages 4 & up |                                               |
| 6:15 - 7:00<br>Red / Black<br>Belt class    | 6:15 - 7:00<br>Point<br>Sparring            | 6:15 - 7:00<br>Kids<br>White - Orange       |                                       |                                             |                                               |
| 7:00 - 7:45<br>Adult<br>Martial Arts        |                                             | 7:00 - 7:45<br>Adult<br>Martial Arts        |                                       |                                             |                                               |
|                                             |                                             |                                             |                                       |                                             |                                               |

### Dojo 2 - Downstairs

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

[perrinsmartialarts.ca](http://perrinsmartialarts.ca)

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